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HUDSON**
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NOT PERFECT"

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TINY THING
PER DAY

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THE LOAFER
IS BACK**

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FEAST**

FASHION TO LIFT YOUR MOOD

RED'S MODERN FAMILY

**CAITLIN MORAN'S
TEENAGE MANIFESTO**

**AT HOME WITH THE
INSTAGRAM FAMILY**

**JAMES BROWN:
THE DADDY YEARS**

**HIPPIE
LUXE BAGS
METALLICS
FOR DAY
DREAMY
LACE
DRESSES**

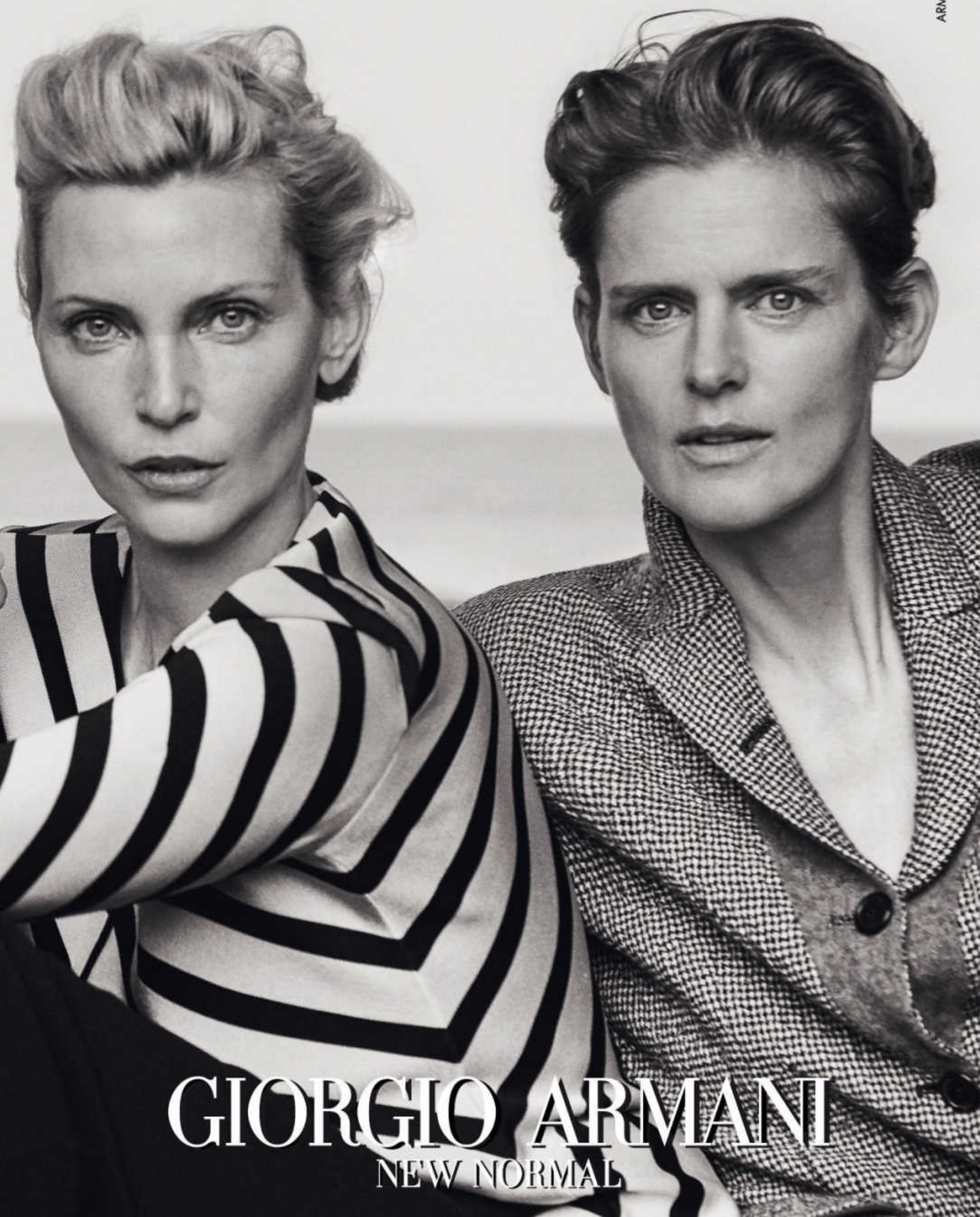






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ESTÉE LAUDER



MODERN FAMILY



This April issue is always one of my favourites as *Red* writers touch on the familial ties that bind us in all their messy, poignant – sometimes heartbreaking – glory in our annual ‘Modern family’ issue. Of course, cover star Kate Hudson is the poster girl for writing her own script when it comes to love, motherhood and

happiness. “Perfection is for amateurs,” she tells writer Stephanie Rafanelli in their spirited LA encounter (page 58). I hope you enjoy it as much as I did.

We celebrate International Women’s Day this month (8th March) and the focus of our activity this year is supporting teenage girls (see *What It Feels Like For A Girl*, page 71). As I say in my introduction, the emotional wellbeing and mentorship of girls is not just an issue for parents, but for all of us. It was incredibly powerful and inspirational to sit around a table with a panel of agony

aunts – two from the heyday of teen-print publishing and two very sassy and smart young women. Speaking of teens, *Red* magazine turns 18 this spring, and we will be celebrating our coming of age on all our digital channels from 28th March, plus inviting some 18-year-olds to our office to contribute their voices to Redonline.co.uk, so please log on and join the party!

Elsewhere in the issue, unexpected heartthrob and super-engaged real-life dad Rob Delaney charms *Red*’s Rosamund Dean and Hemsley + Hemsley whip up a pretty and delicious healthy Easter feast. Enjoy!

Sarah Bailey
Editor-in-chief SARAHBAILEY

SHARE YOUR
FAVOURITE *RED*
COVER OF ALL TIME
OR THE ONE PIECE
OF ADVICE YOU
WISH YOU'D HAD
AT 18 USING
#REDTURNS18

THIS MONTH I HAVE BEEN:

WATCHING *Little Girl Blue*, the brilliant Janis Joplin documentary; **READING** *After The Last Dance* by *Red*’s literary editor Sarra Manning; **ACCESSORISING** my fashion week outfits with my Tallis pom pom beret and my Ops & Ops bumper car loafers; **TWEETING** @SarahRedMag



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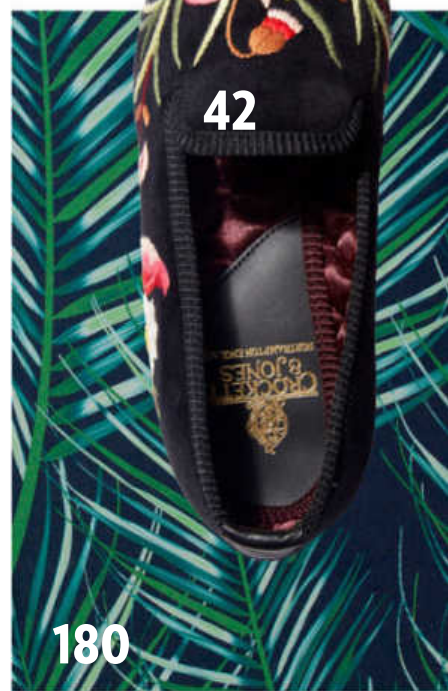
126



165



42



180

CONTENTS

April 2016

■ ON THE COVER

STYLE

31 Fringe benefits

New bag alert! Time to channel your inner bohemian

33 Hippie luxe bags, metallics for day, dreamy lace dresses

Lists at the ready: our edit of the have-to-have pieces in spring's new colours, pastels to power-pop brights

41 Petal power

Pick floral accessories and send your wardrobe straight into bloom

42 Must-buy: The loafer is back

The star shoe of the season is here – and you can wear it with anything

45 The style sisterhood

We meet the fashion duos keeping success firmly in the family

51 Hoop dreams

Sarah Bailey heads to Rome for the relaunch of Bulgari's most iconic ring

52 Fashion news

FASHION

115 Fashion to lift your mood

Seasonal style that ticks all the boxes

116 Make me blush

Fashion's gone romantic – think wispy ruffles, slinky silk and a pretty palette

126 Love match

Simply styled with a sporty edge, monochrome is *the* sunshine look

136 Cool kids on the block

Embrace spring's mash-up of prints and palettes, perfect for all ages

FEATURES

55 Costume drama

From outfit amnesia to loss of dignity, Rosie Green talks fancy dress

56 Caitlin Moran's teenage manifesto

Take note: the feminist superhero's guide to surviving The Bad Years

58 Kate Hudson: "Feel good, not perfect"

The A-list actress and wellbeing guru has a sunshine attitude to life

71 What it feels like for a girl

Four agony aunts tell us how we can all show support to teenage girls

78 "Jon Hamm sexy? I just don't see it"

Elisabeth Moss on love, feminism and the charms of her *Mad Men* co-star

85 Project happy: change one tiny thing per day

What happened when Anna North took on a life-changing challenge

89 James Brown: The daddy years

Separated or blended, we look at what it means to be a modern family

98 The full catastrophe

A feminist, a father and just plain hilarious – meet Rob Delaney »

170

APRIL 2016 REDONLINE.CO.UK 17

CONTENTS

136



LIVING

173 In the clear

Sleek and sophisticated clear glass make these vases irresistible

174 At home with the Instagram family

Esther van de Paal's home is a masterclass in family-friendly decor

180 Dress up your home for spring

In neutral green to Moroccan style, the new trends feel right at home

185 And just add joy...

It's the little things that really make a statement, says Jo Berryman

186 Of all the restaurants, in all the world

Cook up a storm with Marina O'Loughlin's favourite recipes begged from these top kitchens



226 My favourite thing

For Cerys Matthews it's something rather unexpected – an axe

BEAUTY

145 On your Marc

Marc Jacobs' new make-up line has arrived – and it lives up to the hype

146 Grown-up plaits

... plus the new topknot, the pretty ponytail, and the £13 hero buy to freshen up your 'do

155 My hair story

Three women take us through the evolution of their signature style

160 Thicker, sexier, glossier now!

Hair insiders share their know-how for locks that go to greater lengths

165 The new romantics

Fall in love with spring's pretty, pared-back shades

167 Five fresh skin secrets

Want radiant, glowy skin? The pros have all the answers

170 Beauty notebook

146



Powder in Pale Ash Blonde, Ready Eyeshadow 4.0 in The Truth, all BareMinerals. Subscribe to Red to receive the limited-edition covers (above, right); see page 57 for details.



203

ESCAPES

197 It's a family affair

From skiing in France to a Yorkshire woodland retreat, book your Red-approved all-age getaway

SELF

203 Hemsley + Hemsley's Easter feast

How to cook up a nutritional powerhouse lunch everyone will love

211 "I'm finally happy not to be a mother"

Jody Day on her journey to a happy, fulfilled life – without children

215 Jump! The ultimate workout high

Why we love the new trend for trampolining – and you will too

216 Ask Philippa

Our agony aunt tackles your issues

OFFERS

57 Great reasons to subscribe to Red



IN EVERY ISSUE

10 Editor's letter

24 Say it, write it, tweet it

75 In next month's issue

105 Reads

This month's top page-turners

225 Stars

THIS MONTH'S COVERS

Kate Hudson photographed by Greg Kadel/Trunk Archive. Recreate Kate's look using Complexion Rescue Tinted Hydrating Gel Cream in Natural, BareSkin Complete Coverage Serum Concealer in Medium, BareSkin Sheer Sun Serum Bronzer, Marvelous Moxie Lipstick in Be Free, Brow

167



springtime in new york is...
bunches of things happening all at once.

katespade.com

covent garden 1-3 langley court, wc2 | sloane square 2 symons street, sw3
westfield london ariel way, w12 | regent street, w1 (coming soon)


kate spade
NEW YORK

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April 2016

Jo Berryman

Shows it's the small things that make a home, on page 185

BEST THINGS IN LIFE?

● My daughters Romy and Nico ● Walking my dog Dolly with my husband
MY EARLIEST FAMILY MEMORY IS...

Buying fresh fish at the wet markets of Hong Kong Island with my mother.



Anna North

Writes a memoir about her break-up, on page 85

BEST THINGS IN LIFE?

● My favourite season, summer ● Reading contemporary fiction and memoirs ● Genmaicha tea ● The cat I share with my husband ● Writing, it's my meditation
MY EARLIEST FAMILY MEMORY IS...
Playing in a wok in our kitchen when I was around one year old.



Oonagh Brennan

Styles the Love Match fashion story, on page 126

BEST THINGS IN LIFE?

● Drinking red wine in Paris ● Anything with a ruffle ● Saturday morning lie-ins ● The first coffee of the day ● Christmas and everything to do with it
MY EARLIEST FAMILY MEMORY IS...

Winning a sports-day race, and my mum and dad waving a packet of sweets at the finishing line.



James Brown

Writes about parenting, on page 89

BEST THINGS IN LIFE?

● Watching my sons play together ● Sushi ● Making my girlfriend laugh ● Walking on Filey beach in Yorkshire
MY EARLIEST FAMILY MEMORY IS...

Watching The Crazy World of Arthur Brown sing *Fire* on TV.



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THE WORLD.
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J. Crew

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SAY IT WRITE IT TWEET IT

If you have any news, views or issues you'd like to see covered, we'd love to hear from you



Jean Edelstein's tale of finding happiness after setbacks resonated with readers

RED LOVE

In her memoir *The year I learned to love my life* (February), Jean Edelstein told how she felt like an under-achiever, until she was diagnosed with a genetic disease. She then focused on the good and realised "despite this flaw my life has value". Her story touched many of you.

"I was moved and inspired by Jean's fight back to confidence after her diagnosis and self-doubt," emailed Jo Hardy. "I've often looked at others and found myself less successful, less glamorous, lacking charisma; all things that nurture discontent. I had to take action. I began to record positive thoughts and experiences and congratulated myself on even small successes. I'm convinced happiness can be nurtured."

Many of you took to Twitter...

@**EllenMchugh** wrote: "Loved your article, so well written!"

"A very honest and good essay. No guarantees in life but being happy makes it a whole lot better,"

@**NicoleBarbosaPR** added.

UNSTOPPABLE GEMMA CAIRNEY

Happiness is clearly infectious. Positive tweets about the DJ's interview flooded in. "What a great piece. Women championing women is just wonderful x" @**Lornamedia**

Our mail of the month wins an **Elizabeth Arden goody bag, worth £100**. With Nourishing Lip Balm, Skin Protectant, Nighttime Miracle Moisturizer and All-Over Miracle

ON INSTAGRAM

Our #MyReboot campaign had you spreading happiness on Instagram.

Hummingbirdz1 said "This is such a helpful and wonderful idea!"

Bird_in_the_north responded to Maya Angelou's quote with: "My favourite. One I try to live by every day."

PatriciaLiang replied to JM Barrie's words: "Such a great thought." **Suzimcgee**: "Can't wait to enjoy a year of all the things *Red* has to share." **Leighfrances41**: "You have made a 40-something mum very happy." **Caramg1988**: "I'm in love with the subscribers issue... the layout, samples and lack of gossip! x"

wrote. @**NimkoAli** agreed: "This is so beautiful." Dawn O'Porter (@**hotpatooties**): "So proud to call this firework my friend".

AMELIA FREER'S EAT, COOK, LOVE: YOUR BODY EATING PLAN

"I've seen countless recipes, all with the usual low-fat, clever ingredients... boring! But Amelia's were delicious, quick and very straightforward – even my husband was a fan," emailed Hannah Wood. 📧

Oil, all from the Eight Hour range, top-to-toe glow has never been easier. This month's prize goes to Jo Hardy for her email, mentioned in *Red Love*.

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RED'S AWARDS

**MARKS & SPENCER FOOD
PORTRAITURE AWARD**

2015 (Jonathan Gregson)
Pink Lady Food Photographer
of the Year Awards 2015

**JASMINE SOUNDBITE:
MAGAZINES** (Annabel
Meggeson) Jasmine Awards
2015 **BEST MONTHLY
CONSUMER MAGAZINE**

**JOURNALIST &
JOURNALIST OF THE YEAR**

(Annabel Meggeson) Johnson
& Johnson Skincare Journalism
Awards 2014 **BEST**

**JOURNALISM: BEAUTY
OR GROOMING** (Annabel
Meggeson and Rosie Green)

**& BEST LAYOUT: BEAUTY
OR GROOMING** (Annabel
Meggeson and Haley Austin)

P&G
Beauty & Grooming Awards 2013

**BEST DIGITAL FRAGRANCE
EXPERIENCE** (Annabel
Meggeson)

The Jasmine Awards
2012 **BEST DESIGNED SITE**

Online Media Awards 2012

**CONSUMER MAGAZINE OF
THE YEAR** PPA Awards 2011



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FRINGE BENEFITS

Suede and leather
bag, £840, Chloé

We're calling it – Chloé has delivered the bag of the season. The moment we spied this fabulous, festival-inspired, tasselled creation swinging down the catwalk, we were sold. It perfectly captures the free-spirited mood of S/S 16. Wear with frayed-hem jeans, easy-breezy peasant tops and fabulous flats. 

For our edit of the best
new-season bags go to
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Nars
Zakyntos
Nail Polish,
£15 at
Liberty

Gold-plated brass
necklace, £199,
11Fl at Fenwick

SPRING SHADES



Acetate sunglasses,
£178, Miu Miu
at MyTheresa



NEW COLOUR CODES

Rose gold-plated sterling silver necklace,
£49, Lucky Eyes
at Fenwick



Cotton dress,
£260,
Self-Portrait



MERLOT TO MIMOSA,
TUBEROSE TO TEAL,
NOTHING SAYS SPRING
LIKE A COOL NEW
COLOUR PALETTE

PERIOD PASTELS

Pastels go vintage for spring, so
choose soft rose pink, powder
blue and mix with antique cream



J.W. Anderson S/S 16



Rochas S/S 16

Zimmermann S/S 16



Labradorite and gold-plated brass ring, £32,
Ottoman Hands



Style tip

Victorian-style
ankle boots
give a cool edge
to delicate lace

Leather boots,
£400,
Club
Monaco



Lace and cotton blouse, £671,
Zimmermann



Viscose hat,
£90, Reiss



Cotton blouse,
£49.99, H&M

Gold-plated earrings, £115, Isabel
Marant at Harrods



Stainless steel watch, £225,
Thomas Sabo

Leather bag, £475,
Marques Almeida



Cotton skirt, £380,
Carven at Fenwick



Leather shoes,
£55, Miss
KG >>



A COOL CONSCIENCE

For its 2016 Conscious Exclusive collection, H&M has collaborated with the Musée des Arts Décoratifs, in Paris' Palais du Louvre to create a range inspired by the museum's archives, made from innovative and sustainable materials. Launching to coincide with the upcoming exhibition *Fashion Forward - Three Centuries Of Fashion*, expect red-carpet pieces with a vintage twist. From £12.99, in H&M stores nationwide from 7th April





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Gold vermeil necklace, £158,
Bianca Jones

Rose gold and glass necklace, £175,
Michelle Lowe-Holder

Satin top, £215,
Edit

Acetate sunglasses, £338,
Dolce & Gabbana

Cotton shirt, £54.50,
Boden

Polypropylene belt, £70,
Paul & Joe

Faux-leather bag, £50,
Pia Jewellery

Canvas and rubber trainers, £50,
Superga

Silk culottes, £345,
Atea Oceanie

Style tip
Take a bright green off-the-shoulder top to the tropics with vibrant-print accessories and fine candy stripes

Leather bag, £390,
APC

Stainless steel watch, £1,980,
Longines

Acetate sunglasses, £210,
Chloé

Gold-plated silver and quartz crystal earrings, £80,
Theodora Warre

Wool trousers, £580,
Stella McCartney

Style tip
Yes, you can wear bright yellow trousers. Just add a laid-back shirt and natural accessories to tone down the look

Invest in a tomato-red jacket and nod to the season's 1970s mood with a suede hipster pencil skirt and stacked wooden heels

Cotton top, £155,
Sandro

Leather bag, £360, PB 0110 at
Matchesfashion.com

Polyester jacket, £660,
McQ Alexander McQueen at Harrods »

Leather sandals, £39.95,
Massimo Dutti

Leather and wood shoes, £780,
Michael Kors Collection at Net-A-Porter

Suede skirt, £159,
Mint Velvet

Gold-plated earrings, £40, Stella & Dot

MODERN NEUTRALS

The secret to a perfectly curated closet? Rich earthy shades with accents of vanilla and salmon pink. Meet the surprising new colour combos smartening up your spring style

Wool hat, £150, Rag & Bone

Acetate sunglasses, £223, Miu Miu

Leather belt, £147, Dorothee Schumacher

Cotton-mix skirt, 29.99, Zara

Leather sandals, £475, Bally

Style tip
Bold black and white stripes add a fresh modern twist to dark colours (thank you, Valentino)

Cotton top, £250, Self-Portrait

Faux-leather and velcro sandals, £580, Stella McCartney at Farfetch >>

Gold-plated brass necklace, £32, Ottoman Hands

Leather dress, £395, Jigsaw

Silk organza jacket, £351, Tibi

Leather skirt, £149, Marks & Spencer

Silk dress, £320, Theory

Suede bag, £209, Maje

Gold-tone bracelet, £130, Isabel Marant at Net-A-Porter

Leather bag, £445, Elena Ghisellini

Introducing the M bag from French label Maje, adding a boho edge to tailoring. Choose from five different shades and wear it cross body or carry as a clutch

*Rolling in
the hay is
Aussome
Hay-like hair?
No thanks*

#FindYourAussome



There's more to life than hair but it's a good place to start



Acetate and metal sunglasses, £279, Dior at Sunglasses Shop

Charlotte Tilbury
Eyes To Mesmerise
Eyeshadow in Bette, £22

Gold-plated silver earring, £23, Jane Koenig

Leather jacket, £740, Kate Spade New York

PARIS
CITY LIMITS

Cotton T-shirt, £55, Etre Cécile

RELAXED METALLICS

IT'S ALL ABOUT THE HERO SKIRT ADDING SPARKLE TO YOUR WARDROBE 24/7



Cotton top, £180, Self-Portrait



Gold-plated stainless steel watch, £225, Larsson & Jennings

PM

You can't overdo shine in S/S 16, so turn up the drama dial and invest in luxe metallic accessories

AM

Dress down a metallic skirt for day with slogan tees, trainers and a rocky leather biker

Steel watch, £4,800, Rolex

PU bag, £27, Accessorize

Polyester skirt, £260, House Of Holland at Fenwick

Silk and cotton top, £78, J Crew

New shape alert: meet the mules - your new night shoes

Leather shoes, £380, Gucci at Browns

Leather shoes, £99, Dune

Leather bag, £425, Loewe at Browns

Leather trainers, £270, Golden Goose Deluxe Brand at Harvey Nichols



Polyester skirt, £379, DKNY at Fenwick



Polyester skirt, £49.50, Marks & Spencer



Polyester-mix skirt, £129, Boden Icons



Polyester skirt, £1,125, Proenza Schouler at Harvey Nichols



For more new spring style, go to REDONLINE.CO.UK

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ACCESSORIES

PETAL POWER

INDULGE IN A ROMANTIC PALETTE OF INTRICATELY ORNATE FLORAL-THEMED ACCESSORIES; FRESHLY PICKED TO BRING SPRING TO YOUR WARDROBE

Photograph LEO ACKER



FROM TOP:
Leather pouch,
£240, Victoria
Beckham at Harrods.
Leather bag, £1,210,
Gucci at Net-A-
Porter. **Silk-mix
shoes**, £645, Etro.
Paillette earrings,
£325, Prada

For more floral
fashion go to
REDONLINE.CO.UK

Velvet, £180,
French Sole

Andrea Boddan

Velvet,
£260,
Crockett
& Jones

MAXIMAL

Spring staple

Ditch your heels, the slipper loafer is officially the cool new party flat. Wear with anything from LBDs to ballgowns

Gucci sis16

Satin, £64,
Banana Republic

Leather,
£175, Russell
& Bromley

Glam it up

Add drama to your wardrobe by updating classics - think shine and sequins. This season flats = fabulous

New shape alert

Embrace step-down backs and loafer mules, the coolest new shoe shape making blisters a thing of the past

Leather,
£475, Bally

FLAT OUT

From opulent satin slippers at Gucci to embellished slip-ons at Tod's, the message from the catwalk was loud and clear: the low-key loafer is super-luxe for spring. It's time to embrace the new star shoe of the season

Leather,
£415,
Tod's at
Harrods

MINIMAL

Style tip

Wear your trousers cropped or frayed to show a slither of ankle. It's a leg-lengthening illusion

Polyurethane thermoplastic,
£19.99, Zara

Alexa Chung

Aymeline Valade

Alexa Chung
and Aymeline
Valade show
us how to work
chic flats

Leather,
£455, Gucci
at Net-A-
Porter

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flats, go to
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THE STYLE SISTERHOOD

WHAT COULD BE BETTER THAN WORKING WITH YOUR BEST FRIEND OR SISTER? MEET THE FASHION DUOS DOING JUST THAT

By OONAGH BRENNAN



Linen crown, £36, Woodstock



Cotton top, £36, Velveteen

“LITTLECIRCLE allows you to dress children as STYLISHLY as you would dress YOURSELF”



Denim shorts, from £43, Louis Louise



Lisa Picardo Hill (left) and Anna Bromilow



Lurex skirt, from £45, Louis Louise



Leather bag, £38, Velveteen



Straw hat, £26, Louis Louise

FOR STYLISH KIDS

LITTLECIRCLE

Washed silk dresses, tasselled bags, ruffle blouses... childrenswear has upped its game, and new website Littlecircle has all these and more.

A melting pot of the world's most covetable brands for pre-teens, "Littlecircle allows you to dress children as stylishly as you would dress yourself," say founders and best friends Anna Bromilow and Lisa Picardo Hill. Bromilow, an ex fashion director, and Hill, an ex executive director at Morgan Stanley, fulfilled their ambitions and founded Littlecircle last September.

The pair met at university and have been inseparable ever since. "There are no limits to our friendship, we're family," says Bromilow. "We are

godmothers to each other's kids, we live very close by and, of course, are now business partners. "We're good at separating work and social though, it's important to delineate the two."

This month sees the launch of a capsule boys' collection and, in May, a pop-up boutique in Marylebone. And, cleverly, Littlecircle offers a solution to the short life span of kids' clothes through Recircle, where you can re-sell pieces through the site once your children have outgrown them. Ideal, really. » *Littlecircle is offering Red readers an exclusive 15% off in March. Add RED15 at the checkout to claim. Littlecircle pop-up boutique, 38 Chiltern Street, London W1U 7QL, 5th-7th May; littlecircle.co.uk*

Follow @littlecirclekids on Instagram for endless inspiration



Cotton dress, £65, Velveteen



FOR SASSY REDHEADS

GINGER & SMART

Sydney-based sisters Genevieve (above, left) and Alexandra Smart (right) are the creative brains behind fashion label Ginger & Smart. The name is an amalgamation of their family bond and a homage to 1950s sassy redheads, like Rita Hayworth and Ginger Rogers. Alexandra was editing magazines and Genevieve was designing for Australian brands when they decided to go into business: Genevieve as creative director and Alexandra as managing director.

“As sisters we have a natural empathy and that has been invaluable, but balancing being business partners and sisters can be tricky. We are sisters first and business partners second,” says Genevieve.

Since starting the business, the sisters have been through good times and bad. “We lost our mother in 2009 and working together meant we were able to look after each other. Mum taught us to appreciate quality and the beauty of silk against skin. She owned hundreds of silk blouses and when we were young we loved to customise them. She was, and still is, a big influence on Ginger & Smart.” *Ginger & Smart is available at farfetch.com and gingerandsmart.com*



Silk chiffon dress, £755, Ginger & Smart

Leather bag, around £1,299



Leather, metal and pearl bag, around £859



FOR BAG LOVERS

SARA AND GIOVANNA BATTAGLIA

Fashion is in the Battaglia DNA. Sisters Sara (above, right) and Giovanna (left) are Italian style queens, with Sara having her own successful eponymous designer-bag label and Giovanna being one of the world's most papped style icons and influential fashion directors.

“When we were kids, we used to organise fashion shows for our family with clothes we designed,” Sara explains. “Fashion is definitely in our blood. We would dress up Barbie – my look was always much more crazy and extravagant in comparison to Giovanna’s. She was, and still is, so sophisticated and elegant.”

These days, the sisters may live in different time zones, but they speak often. “We are sisters but we are also best friends and working in the same industry has its benefits,” says Sara. “We rely on each other’s support.”

Leather bag, around £630



Leather bag, around £650



“We are SISTERS but we are also best friends and WORKING in the same industry has its BENEFITS”



Leather bag, around £1,298, all Sara Battaglia

Now the sisters are joining forces, with Giovanna publicising Sara’s bags. “Sara understands luxury and coolness,” says Giovanna. “I’m very proud of her, the S/S 16 collection has a brave, colourful, 1970s mood.”

Giovanna wore the first bag Sara ever designed and it attracted so much attention it gave Sara the confidence to start a collection. When Giovanna carried the famous bespoke clutch bag with her name on it, a celeb craze was ignited, with fashion director Anna Dello Russo, model Karolina Kurkova and Nicky Hilton all requesting one.

This season it’s about the Lips bag. Giovanna posted it on her Instagram page and Sara was inundated with buyers wanting it for their stores.

So what’s next? “We would love to collaborate on something in the future,” says Sara. sarabattaglia.com

For more designer duos to know about, visit REDONLINE.CO.UK

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NEBULA™

Gold, pink gold and white gold B.zero1 ring, £1,530, Bulgari

Serpente by Piero Dorazio

HERITAGE

HOOP DREAMS

Gold, sapphire, emerald and diamond snake necklace, circa 1969

Bulgari's classic ring was inspired by the Colosseum

A new iteration of Bulgari's B.zero1 ring is something to celebrate. Sarah Bailey travels to Rome to absorb the magic and drama of the fashion dynasty's latest creation

Quattro Serpenti by Fortunato Depero; and Pantelmina 3 by Joana Vasconcelos, below

To wear a Bulgari B.zero1 ring on your finger (and reader, I type with my own on my pinkie), is to wear a tiny piece of Italian design history. Famously inspired by the architecture of Rome's Colosseum and incorporating a flexible spiral of utilitarian 'Tubogas' (gas-pipes) into its cunning design, its audacious clash of cultures and influences make it a veritable pop icon.

In my own jewellery wardrobe, I love the ring's almost masculine swagger and sense of play (for which wearer can resist jiggling the Tubogas spirals in their elegant knuckleduster? Not I).

As a new B.zero1 is unveiled, incorporating three colours of gold in one ring (silver, pink and yellow), it's worth remembering the audacious jolt of modernity the B.zero1 brought to a house that has endlessly referenced and re-mixed its classical Roman and Etruscan heritage.

Bulgari creative director Lucia Silvestri explains that back in 1999 only the first B.zero1 prototype was launched into the world. The second prototype – the pink, yellow and white gold iteration – was deemed a step too far even for the

adventurous and sometimes iconoclastic spirit of the Bulgari brand. Until now, that is.

"They called it the perfect mistake," says Silvestri, looking up from the gem table of her sun-splashed, photo-lined offices where a dazzling arrangement of 'pigeon blood' rubies awaits her attention. Warm and playful in her personal style, Silvestri, who began her

Bulgari career as an 18-year-old rookie gemologist, wears a giant diamond in one earlobe and an emerald in the other, and says she starts her day at the office by layering an armful of gems in unexpected combinations "for inspiration". Well, who wouldn't?

The release of the new B.zero1 comes at a richly creative time for the house. In Rome, a new exhibition, SerpentiForm, opens in the Palazzo Braschi on Piazza Navone (where Jude Law and Diane Keaton have been filming the miniseries *The Young Pope* with director Paolo Sorrentino, no less). The exhibition explores the potent symbolism of the snake in art, fashion and jewellery; showcasing some heart-stopping pieces from the Bulgari heritage archives, alongside the work of Mat Collishaw, Keith Haring, Guido Mocafico and more.

And in London, the feeling for Rome continues as Bulgari opens the doors to a revamped New Bond Street store. Superstar architect Peter Marino has brought the romance and sensitivity honed in his renovation of the fabled Via Condotti store in Rome (where the Bulgari brothers would entertain the Cinecittà superstars, Taylor and Burton et al) to the London flagship. Expect luscious marbles and mid-century Italian furniture as foil to the treasures within. Viva Bulgari indeed. *SerpentiForm* exhibition runs 10th March-10th April; museodiroma.it. New Bond Street store opens on 14th April

Gold, emerald and diamond bracelet watch, c1968; white gold and diamond bracelet watch, c1960

Amiano il Serpente rug by Fornasetti

For more new jewellery brands, visit REDONLINE.CO.UK



Leather and suede boots, £245



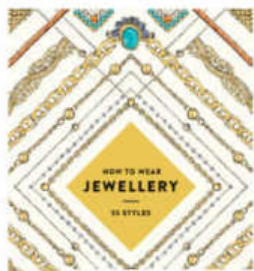
Silk shirt, £95



Suede and faux-fur jacket, £245, all & Other Stories x Rodarte

& OTHER STORIES X RODARTE

Hot from the high street comes a collaboration so exciting we're predicting a stampede. Scandi favourite & Other Stories has teamed up with designer brand Rodarte, whose S/S 16 show of louche lamé suits, beading, lace and appliqué had us all drooling. Expect cool 1970s glamour, metallics, texture and lots of sparkle. 17th March – put it in your diary.



BRING YOUR BLING TO LIFE

In need of some creative inspiration on how to style your jewellery? With 55 illustrated ways to coordinate your gems, *How To Wear Jewellery* could just become your bijoux bible. Available from 5th April. (Published by Abrams Image, illustrated by Judith van den Hoek, £7.99)



Suedette trainers, £55, Mini Miss KG

KG FOR KIDS

The launch of Kurt Geiger's Mini Miss KG range means your children can have fashionable feet, too. We love the monster trainers and glitzy Mary Janes. In stores nationwide and online from 7th March; kurtgeiger.com

TREND SPOT

Single earrings are having a moment. Add a pretty punk edge to your look and wear a Thomas Sabo double stud in metallic, black or pastel pink.



Sterling silver, rose quartz and pearl, £125 for one, Thomas Sabo



BEST OF 3

Expect the arrival of some new, exciting bag brands at London's Liberty this spring. The store's accessory buyer Ruby Chadwick picks her top three...

Mansur Gavriel brought us the perfect drawstring bag, dubbed 'the most wanted bag in the world'. It's been updated in a clean colour palette.



Leather, £485, Mansur Gavriel

Eco-friendly designer Antonello's Sardinian-inspired woven bags are perfect for trips to the beach...



Basket weave, £275, Antonello

The mini bag reigns and New York designer Sarah Beydown, founder of Sarah's Bag, brings unique designs such as a pill-box clutch.



Satin and bead, £545, Sarah's Bag

Compiled by Sophie Hooper



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Pulled it into
tiny pieces



Andrew

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ROSIE GREEN

Costume drama

Fancy dress parties give our columnist the shivers. And that's not just because of the wardrobe malfunctions...

PING. PING. PING. PING. No, not another email deluge from my mother detailing her dental/hair/doctor/speed awareness course commitments for the next six months. That would be infinitely preferable to the drama actually unfolding, which is the poppers on my faux-Spanx body giving in to the unstoppable force of my compressed flesh.

I am wearing a Gatsby-esque, split-to-the-thigh, see-through dress, and the aforesaid undergarment is the only thing between me and a catastrophic loss of dignity.

Now, by dint of the tummy toner's exceptionally high Lycra content, and of it being a size too small, the thing has sprung apart and shot up to my waist. I walk through a swish restaurant with my nether regions exposed to the distinguished guests. When I said I wanted to be a flapper, I didn't have this in mind.

I blame fancy dress. I don't want to be 'bah humbug'. I know it's 'fun' but a) it's often prone to wardrobe malfunction (see above) b) it's uncool (unless you're Kate Moss) and c) my overstretched self is resentful of precious hours spent sourcing 'Zippy and George' outfits.

But then... the memory of Alpha Male as Blake Fielder-Civil last year – his meaty 18in thighs encased in Primark jeggings, with a wife-beater vest and flannel shirt (which has, alarmingly, made it into his everyday wardrobe) – does give me the giggles. Hmm.

So when, not long after the flapper incident, we're invited to our mate Jules' 40th (theme: 1980s icons) I'm torn between being gung-ho and grudging (I'm still getting popper flashbacks). I go for the former (it's a party, after all). But this time I'm going to be mindful of all the fancy dress pitfalls. Which are:

BODY DYSMORPHIA. The terrific/terrifying aspect of dressing up is that even normally shy types with body confidence issues are capable of going the full Beyoncé in a bejewelled lurex body. That's okay. Just know that, once seen, no one can erase that sight from their memory. AM

was once dressed by his mate Trench (stag do) as Catwoman. His body suit left nothing to the imagination in the downstairs department. That was not okay.

OUTFIT AMNESIA. You are telling the babysitter what to do if little Charlie has night terrors about Igglepiggle, but you fail to remember/acknowledge that you're dressed as Juliet Bravo/Maverick. You get the same look from her that you do from the old man at the cashpoint.

TRAVEL CAUTION. Public transport when you're dressed as a Rubik's Cube is not an option.

LOOK OSMOSIS. Wearing that push-up bra did wonders for your boobs as Morticia, so you think it'll work in real life under that blue Sandro blouse. Or consider my

friend Jules, who dyed his hair black in homage to Freddie Mercury and is now threatening long-term commitment to Grecian 2000.

TOKENISM. You know who you are.

I mean, who'd just wear a flower behind their ear to a Hawaiian party? (Erm, me.)

When Gordan* (*real name) was dressed as Big Daddy and saw lots of men in tuxes near the party venue, he died inside thinking he'd horrifically overcommitted. (Turned out they were going to an estate agent's do next door. Phew). Moral: dress up or don't go.

REPETITION. An inevitable occurrence.

Eg, three Princess Leias. You don't want to be the one with the smallest buns.

INAPPROPRIATE BEHAVIOUR. When dressed as a superhero/animal/now-discredited 1980s TV presenter, all social norms

are out. At my cousin T's party, the pantomime horse knocked over the Portaloo (some say deliberately) while Clint Eastwood was taking a leak.

It made a terrible mess of his chaps.

In the end, AM and I go to Jules' as JR and Sue Ellen. As we leave, Princess Leia and Rambo are having a barney and Sandy from *Grease* is doing shots. We've had a brilliant time.

The next day we go for a walk. AM wears his cowboy boots... 

"Public transport when you're a Rubik's Cube is not an option"



CAITLIN MORAN

Dear teenage girls everywhere...



Feminist superhero and author Caitlin Moran encapsulates exactly how it feels to be a teenager... but her advice for surviving The Bad Years is something we can all take to heart

WHEN YOU ARE SOMEONE WHO TALKS ABOUT THE BLOODY WAR OF ATTRITION THAT ADOLESCENCE CAN SO OFTEN BE – especially for girls – you tend to get two kinds of people coming to your gigs.

Half are the ones who've already been through it – winking and hooting, "Thank you for telling the truth. And thank god it's all over." And the other half? They are the ones still going through it. You can tell instantly, as they step up. The posture, the sleeves over the hands, something in the eyes – the girls who are struggling, right now. Some of them are hard, and tense, with overeating. Others, anorexic, feeling like starving baby birds when you hug them – a handful of brittle bamboo canes. There are arms furious with criss-cross razor lines. Studs in the ear, the nose, the tongue – where they have tried to reclaim their bodies from something, or someone, with the snap of a piercing gun.

Sometimes their parents are there – standing in the background, nervous, their faces anxiously projecting, "She likes you. Please make her feel better now. Oh Christ, don't break her."

What do I say to these girls? The ones who are having The Bad Years – The Bad Year where you cannot remember why you were happy aged 12, and cannot imagine being happy at 21? What can you say in one minute, two minutes, three minutes?

So many things. That panic and anxiety will lie to you – they are gonzo, malign commentators on the events of your life. Their counsel is wrong. You are as high, wired and badly advised by adrenalin as you would be by cocaine. Panic and anxiety are mad, drugged fools. Do not listen to their grinding toothed, sweaty bullshit.

Here is a promise, and a fact: you will never, in your life, ever have to deal with anything more than the next minute. However much it feels like you are approaching an event – an exam, a conversation, a decision, a kiss – where, if you screw it up, the entire future will just burn

to hell in front of you and you will end: you are not. That will never happen. That is not what happens.

The minutes always come one at a time, inside hours that come one at a time, inside days that come one at a time – all orderly strung, like pearls on a necklace, suspended in a graceful line. You will never, ever, have to deal with more than the next 60 seconds. Do the calm, right thing that needs to be done in that minute. The work, or the

breathing, or the smile. You can do that, for just one minute. And if you can do a minute, you can do the next.

Pretend you are your own baby. You would never cut that baby, or starve it, or overfeed it until it cried in pain, or tell it it was worthless. Sometimes, girls have to be

mothers to themselves. Your body wants to live – that's all and everything it was born to do. Let it do that, in the safety you provide it. Protect it. That is your biggest job. To protect your skin, and heart.

Buy flowers – or if you are poor, steal one from someone's garden; the world owes you that much at least: blossom – and put them at the end of the bed. When you wake, look at it, and tell yourself you are the kind of person who wakes up and sees flowers. This stops your first thought being, "I fear today. Today is the day maybe I cannot survive any more," which I know is what you would otherwise think. Thinking about blossom before you think about terror is what girls must always do, in The Bad Years.

And the most important thing? To know that you were not born like this. You were not born scared and self-loathing and overwhelmed. Things have been done – which means things can be undone. It is hard work. But you are not scared of hard work, compared to everything else you have dealt with. Because what you must do right now, and for the rest of your life, is learn how to build a girl. You.

Extracted from Moranifesto by Caitlin Moran (Ebury Press, £20) out 10th March



"Sometimes, GIRLS have to be mothers to THEMSELVES"

See page 71 for teen issues tackled by the agony aunts. Join the conversation on Twitter @caitlinmoran @RedMagDaily

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THE POWER OF KATE

HUMAN SUNBEAM KATE HUDSON IS BRINGING A BIT MORE JOY INTO OUR LIVES WITH HER NEW MOTIVATIONAL BOOK, TEACHING US ALL TO BE BODY SMART NOT BODY PERFECT

Words STEPHANIE RAFANELLI Photographs GREG KADEL

It's a misty Thursday morning in Pacific Palisades and, in the backyard of a stately white mansion, Kate Hudson is serving up breakfast for Hillary Clinton. And Jackie Onassis. And now, Eleanor Roosevelt is getting in on the action.

Hudson, bare-legged in knickerbocker-shorts, a red 'Kiss Me' T-shirt and crowned with a haphazard topknot, lets out an affectionate giggle at her clucky girl gang. For

the females in question are not the erstwhile First Ladies, nor is this a politico-historical remake of her mother Goldie Hawn's 1996 film *The First Wives Club*. They are, in fact, Hudson's brood of hens who provide eggs for breakfast for her two sons, Ryder, 12, and Bingham, four. Still, even with her poultry, Hudson is very much the girls' girl.

And so she is with me. From our first hello, she embraces me as one of her own, communicating »

Kate Hudson is sharing
her motivational mantras
in new book, *Pretty Happy*



“
I think that your ability
to **WITNESS** your own
EMOTIONAL ebbs and
flows is key to becoming
more **COMFORTABLE**
with your life
”

in that kind of universal girl code that instantly establishes intimacy and solidarity.

“Having a close female network is very important,” she tells me, now in the car, as she navigates traffic on Route 101, on the way to a voiceover session for *Kung Fu Panda 3*, in which she plays Mei Mei, the overzealous love interest to Jack Black’s Po. It’s easy to see the casting rationale. Like her mother, Hudson has a knack for comic timing and a life-embracing, high-five-throwing mentality that verges on gung-ho. She is training for a triathlon and often sprints while pushing Bingham uphill in his stroller. She is the kind of woman who will happily pull an impromptu downward dog in a plane aisle mid-flight if she feels the urge.

“My girlfriends have always been my great support system,” she continues, slapping on her indicators. Last night, she turned up to support close friend Stella McCartney at the designer’s LA pre-fall presentation along with Gwyneth Paltrow and Katy Perry, although Hudson’s best friend Liv Tyler was in London. “We girls can talk forever. We like to fix things through conversation.”

And Hudson sure likes to talk. She is effervescent, punctuating fizzy outpourings on her life philosophies (she was brought up by her mother as ‘Buddhist Jewish’) with throaty laughs, and the occasional “Oh shit! Oh shit!” when an overtaking truck almost “sideswipes” her. She also likes to fix things: she says she cured herself of road rage recently. “I’m always late. It’s almost karmic. With being late used to come all this anxiety that I hated. So I made this pact with myself a couple of years ago, to accept that if I was late, I was late. I wasn’t going to rush. It really worked. I don’t stress out any more.”

This is one of a series of personal epiphanies that Hudson – now 36 and a single mother since parting with Bing’s father, Muse frontman Matt Bellamy, a year ago – details in her new book. Less of a lifestyle guide than a motivational mantra for wellbeing, *Pretty Happy* advocates throwing out the rule book and mindfully tuning into our true selves to listen to our bodies’ ever-changing needs. She calls this being ‘body smart’.

But, I wonder, was she a little hesitant to stray into self-help territory, which might leave her indefatigable positivity open to mockery. “Well, I am quite optimistic,” she laughs. “But I don’t understand why people think that if you carry a sense of joy that for some reason you might not have moments of contemplation or depth or sadness in your life.”

She admits that this was not a side of herself that she once gave expression to. “In the past, when I’ve been

through difficult times, I would just pull myself up and move forward, because I would feel almost apologetic: ‘I have such a great life and I’m really lucky, I shouldn’t feel bad about anything.’ I didn’t allow myself to *feel*. But I think that your ability to witness your own emotional ebbs and flows is key to becoming more comfortable with your life. There’s a great saying: ‘Contentment takes discipline.’”

OF ALL THE HOLLYWOOD ACTRESSES, ONE WOULD THINK THAT HAPPINESS CAME MOST NATURALLY TO HUDSON; as if it were an instant powder handed

down from her breezy mother to which she just added water. She has a close relationship with Hawn, whom she calls “the love of my life”, and her partner of 32 years Kurt Russell, Hudson’s proxy father, who is simply ‘Pa’.

At the age of 21, two years into her career, Hudson won a Golden Globe and was nominated for an Oscar for her performance as groupie Penny Lane – a character based partly on Liv Tyler’s mother Bebe Buell – in Cameron Crowe’s *Almost Famous*. The role crystallised Hudson as the blithe, free-spirited bohemian, an image bolstered by her marriage by an American Indian shaman that year to musician Chris Robinson from The Black Crowes.

In 2003, she bought back her parental home on the Palisades Riviera, the sprawling six-floor residence she lives in today; and the following year gave birth to Ryder. Everything about Hudson – the carefree pile of flaxen hair, the life-and-soul-of-the-party spirit and mid-summer sunshine smile – pointed to a future paved with blockbuster romcoms and a home filled with boundless laughter.

“People see me as buoyant and smiling all the time,” she writes in *Pretty Happy*. “But the truth is I’m not always like that.” There were already signs that a more complex, thoughtful side to Hudson had developed in a smattering of film choices: the dark thriller *The Killer Inside Me* in 2010 and the politically questioning *The Reluctant Fundamentalist* in 2012.

FOR ALL ITS SERENDIPITY, HUDSON’S LIFE HAS NOT BEEN WITHOUT OBSTACLES. She is estranged from

her father, musician Bill Hudson, and her personal life, like most of ours, has defied a neat Hollywood narrative. After her split with Robinson in 2006, Hudson suffered the pain of her ex-boyfriend Owen Wilson’s suicide attempt the following year. And most recently, she faced the disappointment of her life with Bellamy, who she met at Coachella in 2010, taking an unplanned path.

Nor has Hudson been immune to other pressures faced by women, magnified by a weight-obsessed media, quick »



to judge when she gained 70lb during her first pregnancy, or slimmed down in the midst of her divorce. And she has experienced the ongoing mind-body battle that, to a greater or lesser extent, afflicts many women: “Not long ago, I would try and assert control over my body, pushing it to beyond what was healthy,” she writes on the subject. “If I gained weight, I tended to over-correct and get too over-regimented and I would either not lose the weight that I wanted to, or sometimes gain weight.”

She says now, “For social and biological reasons, the female brain is predisposed to be self-critical and to judge others.” She cites neuropsychiatrist Louann Brizendine’s *The Female Brain*, which examines the effects of hormones on women’s cerebral function. “This is a very important time for women because we need to try and change the way our brains have been programmed. We all need to support each other’s personal growth.”

HUDSON SAYS CHANGING YOUR LIFESTYLE FOR THE BETTER STARTS WITH “ANSWERING THE HARD QUESTIONS.” If you want to look a certain way, here’s the thing: it’s not easy. You cannot just ‘like’ a picture on Instagram and all of a sudden see changes in yourself

“
The PERFECT, the ideal is NOT THE GOAL. Instead the goal is FEELING GOOD in your body
”

– or then hate on that person because you don’t have the same discipline. We need to stop judging each other. Just focus on our own set goals”.

The prerequisite to this, according to Hudson, is to banish notions of

an absolute. “Perfection is for amateurs! The perfect, the ideal is not the goal. Instead the goal is feeling good in your body.” I ask if this singular concept of flawlessness is particularly unbending in Los Angeles. She answers quickly: “That’s an excuse for people not to acknowledge that it’s happening everywhere, that there’s this sort of [universal] ideal woman. There’s an epidemic of girls suffering from bulimia and anorexia everywhere in the world.”

As a result, there is little rigidity in *Pretty Happy*: Hudson’s aim is to support other women in finding out what works for them – although she does extol the personal benefits of a holistic Ayurvedic approach, an alkaline diet and there is a chapter on the dangers of sugar. “I’m very friendly with Jamie Oliver and I’m a big supporter of what he’s doing [with his campaign for a tax on sugary drinks]. I’m a great believer in everything in moderation. But, I think the real issue with sugar is it acts like a drug and there’s too much in our food. It’s simple: it’s so bad for you.

“We have to really look at why the rate of cancers have risen and why obesity is such a big problem in Britain and in the States, and I would suggest that sugar is the number one cause of that. I know, it’s hard. I’ve got two kids and they go to school, have snacks and eat a lot of sugar. But I think the more you educate your kids, and the more aware you are yourself, the better it is.”

Mindfulness is a life skill that Hudson believes should be instilled in children from an early age. “When my kids get emotional, I like to allow them to experience it first, but then create an environment in which they are able to communicate what they are really feeling.” Her mother is a pioneer of this approach. Hawn published her parenting book, *Ten Mindful Minutes*, in 2011, and her Mind Up programme (part of The Hawn Foundation) helps more than 400,000 children around the world improve academic performance through meditation.

Such life skills, along with her Buddhist upbringing – with its concept of upādāna, or ‘clinging’ too hard to things, as the root of suffering – have also helped Hudson negotiate difficult decisions in her adult life. She has »

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learnt when and how to let go – which has been publicly witnessed in her seamless transition from coupledom to friendship with Bellamy.

“If it doesn’t work, you can’t force it,” she says. “The bigger you love, the more vulnerable you are, the scarier it is if it’s lost.

So people tend to get more and more protective of their heart. Well, I’ve spent a lifetime not wanting that ever to happen. But, in the last couple of years, I’ve found that attachment is the root of a lot of uncomfortable moments in your life. When you start to let go of them, you feel really liberated.”

Since then, Hudson has become a flagwaver for the modern family on Instagram, posting pictures of her ‘Exmas’ with Bellamy emblazoned with the hashtag: #WhateverKindaFamilyIsYourKindaFamily. She upholds that she ultimately benefitted from her biological parents’ divorce. “I do believe that it is better to have two people as parents that are truly happy in themselves for [the sake of] their children. If they can’t sustain that at home and if it’s affecting their family, then they have to look at their relationship. But I think it can be catch-22: I’ve seen some people not do the work inside the relationship. Of course, the goal is always to stay together. Matt and I really worked on it together and we came to the point where we realised that we are really better as friends and that is a healthier approach for our kids. And we can see the results.”

Since the split, Hudson has had to endure persistent press speculation. She is a social animal as much as a contemplative one; and her love of dancing with girlfriends like Cara Delevingne on nights out has made her fodder for a paparazzi feeding frenzy. She has been linked to dancer Derek Hough, and 23-year-old musician Nick Jonas. She shrugs. “The media scrutinises all single women in the public eye. You cannot have a conversation with a man without being attached to them. One: can women not be friends with men? Two: are they implying that a single woman is constantly looking to be in a relationship or is in need of a man? You don’t get that with men. Statistically, all men do is think about sex. I don’t get it.”



Starring as Penny Lane in *Almost Famous* in 2000

In general, Hudson avoids reading online ‘news’ (I use the term very loosely) about herself – much of which revolves around the fetishisation of her taut abdominals: she still has the body of a 20-year-old athlete, which seems to incite equal

fascination and envy. Some were inexplicably unkind about her Michael Kors dress for the Golden Globes. “You know I’m 36, not 50. The other day I saw this woman hiking in the mountains, she must have been 70 and she had a crop top on, and I thought: ‘Why not? Do what you want! Who cares?’”

By now, we are at the security gates at

Universal City – if Hudson is late or early it’s hard to tell; she doesn’t begin the customary curt replies that signal

that an interview is over. Even in the car park, her thoughts continue to bubble forth. She mentions a sequel to *Pretty Happy* she is already planning and her upcoming films: *Mother’s Day*, an ensemble comedy with Jennifer Aniston, biopic *Richard Pryor: Is It Something I Said?*

in which she plays Pryor’s wife, and *Deepwater Horizon*, about the BP oil disaster, co-starring her very own Pa. “We had all the kids with us, it was like a big family gathering in New Orleans...” I sense she could go on forever. But, finally, she is summoned. “I have to go and be Mei Mei now!

She’s this fabulous healthy panda...” She already reminds me of someone, I say, laughing. She turns and cries back: “Well, I think everybody has a bit of Mei Mei in them.” ■ *Pretty Happy: The Healthy Way To Love Your Body* (Harper Thorsons, £16.99) is out now. *Kung Fu Panda 3* is at cinemas nationwide from Friday 11th March

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A photograph of two women with warm, glowing skin, smiling and embracing each other. They are wearing soft, peach-colored clothing. The woman on the left is wearing a textured, open-knit cardigan, while the woman on the right is wearing a smooth, long-sleeved top. The woman on the right also wears a delicate bracelet. The background is a soft, out-of-focus light color. Overlaid on the lower half of the image is the text "Our ultimate *care, blended* for *soft, healthy-looking*" in a serif font, with the words "care, blended" and "soft, healthy-looking" in italics. A thin horizontal line is positioned below the word "soft".

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WHAT IT FEELS LIKE FOR A GIRL

Being a teenage girl has never been easy. But how has 2016's digital landscape added to pressures? We navigate the new territory with four teen agony aunts and uncover what we can all do to help the next generation

8TH MARCH MARKS INTERNATIONAL WOMEN'S DAY AND RED'S FOCUS THIS YEAR IS ON TEENAGE GIRLS. Nurturing the emotional health of teenage girls matters – not just to mothers, but to sisters, aunts, teachers, social workers, feminists... After all, we were all once teenage girls ourselves, and I, for one, remember the beacon light of friendship and mentorship from the women who helped guide me through the darker days of teendom. Of course, we are not the only ones with the subject of teen empowerment on our mind. From Laura Bates' forthcoming book *Girl Up*, exposing the crippling social and sexual pressures afflicting today's teens; to Labour MP Sarah Champion's Dare To Care campaign, working hard to facilitate debate on the prevention of child abuse and change policy; to the eye-watering research from charity Women's Aid about coercive control in girls' first

relationships, it is clear that the wellbeing of teens is something we all need to take responsibility for.

When I was still a student, I sold my first piece of journalism to Melanie McFadyean at *The Guardian*. Part of the reason I felt bold enough to approach her was that I had been buoyed by her words of wisdom when she was an advice editor in the earliest days of my teen bible, *Just Seventeen*. Years later, I went on to edit that title and, in many ways, the experience of the *J17* community has informed all my endeavours in women's publishing since. In the following pages, we invite two advice editors from the boom days of British teen publishing to discuss all of the above (and more!) with some of the young female voices who have found their audience in our new digital era. What they share is fascinating and inspiring.

Sassy, sussed, sorted – as we might have said back in the day. I'd love to know what you think... SARAH BAILEY »



MEET THE PANEL



GRACE F VICTORY, 25. An award-winning blogger and YouTuber (*Ugly Face Of Beauty*) with over 21 million views, Graciefrancesca.com has already had two million views. Positive body image campaigner and curvy model, Grace advises girls in care, too.

ANNABEL GOLDSTAUB, 54. Began at *J17* in the 1980s, became deputy editor of *Elle*, and editor of *Top Santé* and *Mother & Baby*. She has taken courses in psychodynamic psychotherapy and counselling and was *J17*'s agony aunt for four years.

HOLLY BOURNE, 29. Author, journalist and advisor for TheSite.org – a charity-run site for 16- to 25-year-olds. Before that she was a *Surrey Mirror* reporter, shortlisted for Print Journalist of the Year 2010. Her new book, *How Hard Can Love Be?* is out now.

ANITA NAIK, 48. A freelance writer, social media manager and agony aunt at *Woman's Own* and previously the Avon website, she's the author of 50 non-fiction books (25 for teens), mentors in schools and was *J17*'s agony aunt for 10 years.

FROM LEFT: Grace, Annabel, Holly and Anita; and talking teens, above

20 years ago, Annabel Goldstaub and Anita Naik were replying to the problem page letters of *Just Seventeen* and *More!*. Today, Grace F Victory and Holly Bourne are an online support system for teens. All four are passionate about supporting the emotional and physical health of young people. We got them around a table, to discuss the state of the teenage nation in 2016: the pressures, the expectations, and why, as *Red* women, we all have a part to play in empowering the next generation of girls.

WHAT'S YOUR TAKE ON THE MOOD OF TODAY'S TEENS?

GRACE: "I get messages daily from girls asking for help. More and more girls are looking for someone to relate to, and they're looking on social media for what they're missing from their life. But girls don't understand that Instagram is someone's 'highlight reel'. It's not what life's really like."

ANNABEL: "Teenage girls have a starved inner world. It's all about exterior: how you look, how you're perceived. I've spoken to girls [Annabel has two teenage daughters] who say the biggest thing in their day is posting a selfie, and if they don't get 50 'likes', they're a failure. It's hard for them to make sense of who they are."

ANITA: "Looking back over 20 years, some issues, like body image, are always there. But what's happened is technology: Parents don't understand what their kids are doing. They've always been out of touch, but kids now are digital natives. We're not having the frank discussions with them about what's real and what's not, about social media and how it all works."

HOLLY: "I agree, I don't think teenagers' problems have changed fundamentally: worrying about your body, getting a boyfriend, being pressured to have sex, exam stress. But social media and the internet is exacerbating these problems and deepening them. You can't escape them."

WHAT'S YOUR BIGGEST AREA OF CONCERN?

ANITA: "Mental health. There's huge pressure to be perfect, to get all A*s, to look like the girls online, to be a perfect friend, perfect daughter..."

ANNABEL: "Pressure is worse than ever. A teen's life is a CV, and it starts early. Nothing's about living in the moment, it's all about the next thing."

ANITA: "There's academic pressure (which comes from parents, too). Nobody ever says to kids, 'It's okay to be who you are, it's okay to fail.' It's made worse by social media. Which wasn't there 20 years ago."

HOLLY: "We talk about physical health, eating clean, your five a day, but we don't talk about mental health and how it's about good and bad days. The natural response to pressure is developing a mental health problem. But if you have emotional resilience and are true to yourself, you're more likely to be able to go out in this slightly broken world."

ANITA: "In schools, I'm told, 'I'm self harming' or 'I can't sleep' by an anxious 11-year-old. But due to funding cuts, there's nowhere for them to go; they can wait 18 months for an appointment at Child and Adolescent Mental Health Services."

HOLLY: "Young people have been shoved on antidepressants and sent away."

WHAT ABOUT INTERNET PORN?

HOLLY: "Pressure to have sex before you're ready has always existed, but with online porn it's pressure to not only have sex, but aggressive, horrific sex; things you probably never thought about 20 years ago, which you now think are normal. On TheSite.org 14-year-olds ask, 'Should I have anal sex in a car park?'"

ANITA: "Society doesn't talk about mental health or sex education; 70% of parents don't want to talk to their children about sex. Years ago, the youngest age group writing in was 11 and 12, with a median age of 15. Now, a lot of girls hit puberty at nine. But there aren't the gateways for advice and information, so they're on the web. But something really weird will come up..."

HOLLY: "Exactly. Your child is going to see porn. I don't like it, it makes me feel uncomfortable and upset, but it's going to happen. Some parents can be in denial, 'I don't

want my daughter talking about sex'. Well, she is! She's watching someone naked have every single hole filled. You've got to wake up."

ANNABEL: "Pubic hair isn't acceptable any more, you have to be smooth like a doll. And that comes from looking at porn."

HOLLY: "We have to be honest with young people about what sex is like. You have pornography, where women are orgasming all over the place – same in films. I watch sex scenes and think, 'Why isn't she running to the bathroom because there's a massive damp patch?' More people need to tell it like it is."

GRACE: "My YouTube channel and blog is a safety net to talk about issues. I talk about self-harm, body image, porn, whatever. But I can only do a video for 15 minutes and reply to comments, I can't do everything. There's a need for a big sister, agony aunt person in schools."

THE FEMINIST BIG SISTER

More than anyone, Everyday Sexism founder Laura Bates knows that young women today are dealing with, as she puts it, 'a lot of crap'. So she's written *Girl Up*, a hilarious, no-nonsense guide to being a girl in 2016. With social media smarts, witty comebacks to sexists, and tips for staying safe online, it's the one book every young woman needs on her bookshelf this year. *Girl Up* (Simon and Schuster, £12.99) is out 21st April



"Your child is going to see porn. I DON'T like it, it makes me FEEL uncomfortable, but it's going to HAPPEN"

HOLLY

DARE TO CARE



Sarah Champion, Labour MP, Rotherham
"I first learnt about child exploitation when I was elected MP three years ago. The NSPCC

estimates that more than 500,000 children are abused each year. I launched Dare2Care, to give people the tools and confidence to prevent it. Through the website, where people can learn to spot the signs, report and share their stories, plus discussions in Parliament, I hope to raise awareness on child abuse and consign it to history."

Visit dare2care.org.uk

THE PRESSURES OF PERFECTIONISM

GRACE: "It's all about showing off; what you've got, what you look like. It's not about who you are. Bloggers used to be relatable – in our bedrooms talking about stuff – but now even the blogging world's shifted and everyone's buying designer handbags. The celebrity and blogging worlds have merged. But online life isn't real. It's my job and I love it, but it isn't real. That's the issue: these girls don't understand what is normal any more."

ANNABEL: "A teen is being bombarded with constant images, and having to display their own 'perfection' to the world. They spend their whole time looking at what everyone else is doing, and then making themselves look like they're outperforming everyone else. Where's the time for inner reflection?"

HOLLY: "Feminism cements all of this. The problems with a patriarchal society – women being told they're only as good as they look/must shut up/fight other women to be the prettiest – have always been there, but now the internet and porn have come in... Feminism is the answer."

ANITA: "But loads of girls don't want to associate with feminism..."

HOLLY: "...because they think it means they're ugly. It's why I wrote, in one of my books, about the Spinster Club. A group of girls take back the word 'spinster', and make it mean being young and independent. I use the books to give girls a basic introduction to feminism. I want to empower young women to know that it's okay to be a feminist, and that it's not about hating men and screaming at each other." »

"They spend their time LOOKING at what others are doing, then making themselves look like they're OUTPERFORMING everyone else" ANNABEL



WHAT DO YOU WANT TO SAY TO TEENS?

GRACE: "It's really important that young girls understand that it's okay to be who they are."

ANNABEL: "Love who you are, you are your own personal best. If you feel shit today, that's fine, we all feel shit."

ANITA: "They need someone to tell them it's okay, that these are things we've all gone through, and if we haven't, there is someone who can help you. We all understand and we can help each other. You can help your friends."

HOLLY: "There's no such thing as normal: Your normal is normal for you, and everyone else has theirs. Don't compare the bad bits of your life to other people's good bits. They have bad things, too. Think of Jennifer Lawrence. She had naked pictures hacked and put all over the internet, and probably has eight stalkers. Would you want all of that?"

GRACE: "I tell girls the internet saved my life because it was my creative outlet. If I wasn't able to blog and be told 'you helped me through this', I'd have gone down a very dark road."

HOLLY: "You have the power to change the world. You can start a blog in your bedroom that will help and inspire so many people. You can put your hand up, you can fight back. Feminism is about saying 'what the hell', having a voice and feeling strong enough to speak out. Be the change you want to see."

GRACE: "But the internet can be a very negative place, so take social media breaks, a detox every now and then. Go out, go to the beach, enjoy life. You have to be positive for it to be a positive place."

HOLLY: "And if you're in a negative place, maybe go and lock your phone in a cupboard!"

"There is no such thing as NORMAL...
Don't COMPARE the bad bits of your
life to other people's good bits"

HOLLY

AND WHAT DO YOU WANT TO SAY TO US OLDER, RED WOMEN?

HOLLY: "Emma Watson really uses her platform, then there are YouTubers like Hannah Witton for sex advice and Emma Blackery on body issues and relationships. Plus the Bite The Ballot campaign urging young people to vote. So it's about finding and steering girls towards the right resources. And be educated, don't be in denial."

ANNABEL: "And we need more of us saying that it's a normal part of life to have emotional issues."

GRACE: "The more that people with influence can talk about mental health, the more it'll allow others to speak up. If you have influence, use your voice."

ANITA: "One of the things I find empowering about young women, is that they want so much for themselves. Along with all the pressures, there is a feeling that they can do anything they want. They're not afraid to want. They see the world as a much bigger place that they can grab a hold of."



FROM MOTHERS2MOTHERS TO TEENS HELPING TEENS

Self-harm and sexting might be the teen issues dominating headlines at home, but for teenage girls in other countries growing up can come with an extra, and potentially fatal, complication – HIV. In fact, it's the biggest cause of death among 10- to 19-year-olds in southern Africa. The charity mothers2mothers aims to change that fact by training, employing and empowering a network of 'Mentor Mothers', who are mothers living with HIV, to work alongside doctors and nurses in understaffed health centres. These HIV-positive women and their power to bring about change comes as much from their image as role models in the community as the health advice they are trained to give. Next on the charity's agenda? Developing a younger network of Mentor Mothers who can help teens make positive lifestyle decisions, whether it's better sex education and family planning or encouraging them to stay in education longer (girls aged 15 to 19 are 10 times more likely to be married than boys), so their horizons grow and they can dream of a life with more choice. An initiative that's leveraging the power of sisterhood for a good cause? We're sold.

Visit mothers2mothers.org at m2m.org 

Read about Red editor-in-chief Sarah Bailey's experiences at teen magazine *Just Seventeen*, on REDONLINE.CO.UK. And tell her what you think @SarahRedMag



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"Women are looking at the idea of what it means to 'have it all' for themselves... Your definition of what it 'all' is, is yours and yours alone," says Moss

“JON HAMM SEXY? I JUST DON'T *see it*”

What could be better than a cocktail with Peggy Olson?
Jane Mulkerrins talks careers, feminism and British accents with
Elisabeth Moss – and finds out why Hamm doesn't do it for her

Photographs ANNABEL MEHRAN

For any card-carrying feminist (and I would proudly put myself in that camp), cocktails with *Mad Men*'s Peggy Olson – the secretary who smashed through the glass ceiling of the advertising industry to become a serious power player – ranks high on the list of fantasy drink-dates.

Of course, there's the small problem of Peggy being a fictitious character, however flesh-and-blood she came to feel to us, her extensive fanbase.

However, on a sub-zero New York winter's night, that fantasy has taken human form, in the shape of 33-year-old actress Elisabeth Moss. She spent seven years playing Peggy, and is now sitting opposite me with a Moscow Mule and, I am gratified to find, has an awful lot to say on the subject of equality.

“I think there's a real reawakening of feminism right now, especially among the younger generation,” Moss nods eagerly. “And now women are looking at the idea of what it means to ‘have it all’ for themselves. Maybe that doesn't mean that you have a husband. Maybe that doesn't mean you have kids. Your definition of what it ‘all’ is, is yours and yours alone.”

There has been much talk of late about sexism in her own industry, with Jennifer Lawrence, among others, speaking out about inequalities in Hollywood pay packets.

“Have I experienced sexism like Peggy did in the 1960s? Of course not,” cries Moss, warming to her theme. “But have there been times when I haven't made as much as a man? I'm sure. And it's a factual thing, not a matter of opinion. That's sexist.”

Moss arrives at the bar, a dimly lit, semi-secret spot not far from Broadway, and close to her home in midtown Manhattan, swathed in an enormous camel-coloured overcoat, her blonde hair hidden under a black beanie.

IT'S BEEN ALMOST TWO YEARS SINCE PEGGY SASHAYED DOWN THE CORRIDOR AT McCANN ERICKSON FOR THE LAST TIME, shades on, cigarette in mouth (though the second half of the final season aired last May, it was shot the previous year). And Moss' work output since has been as prolific as it has been varied, with films including an adaptation of Chekhov's *The Seagull*, the tense thriller *The One I Love*, and the dark comedy *Queen Of Earth* (which she also produced), as well as a run on Broadway as the titular character in *The Heidi Chronicles*.

This month, she has two more films: *Truth*, a newsroom drama about the 2004 investigation into George W Bush's military service, which cost CBS anchor Dan Rather (Robert Redford) and producer »

A woman with short, wavy brown hair is walking in profile from left to right. She is wearing a light blue, short-sleeved button-down shirt and a long, flowing white skirt. A light blue bag is slung over her shoulder. She is walking on a white, textured surface that looks like a wall or a ledge. The background is a clear, light blue sky.

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Mary Mapes (Cate Blanchett) their careers, and in which Moss plays journalist and researcher Lucy Scott. And *High-Rise*, a British-made adaptation of JG Ballard's dystopian novel about class warfare.

In the wake of the unprecedented profile that *Mad Men* afforded her, one might have expected to see Moss heading up more mainstream blockbusters, rather than supporting roles in quirkier projects.

"I am certainly not averse to doing anything that is quote unquote a 'blockbuster,'" she says, thoughtfully. "I don't have any sort of grand plan. I just want to challenge and stretch myself, so I look for things that I haven't done before. Alex Ross Perry [writer and director of *Queen Of Earth*, and *Listen Up Philip*, in which Moss also starred] has a joke that if you want to get me to do anything, just tell me you've never seen me do it before," she laughs.

In *High-Rise*, she plays the heavily pregnant Helen living in a luxurious but strictly stratified tower block, with Tom Hiddleston, Sienna Miller and Keeley Hawes as neighbours, and Luke Evans as her increasingly unhinged husband. It's a violent, provocative and slightly surreal film, not unlike *A Clockwork Orange* in its tone and aesthetics.

"Elisabeth's first scene was being dragged up the stairs by James Purefoy in the middle of a riot, with loads of extras screaming and throwing bricks, all shot in an abandoned factory," the film's director Ben Wheatley tells me. "It was quite a first day. She took it in her stride."

As the only American in the cast, Moss was, she confesses, more worried about getting the accent spot-on. "I have a huge respect for accents, so I'm perhaps more conscientious than I need to be," she admits. With *High-Rise*, there was the added pressure of her own heritage. "I'm half-British, and have a British passport, so I was even more conscious of wanting to get this one right."

Moss grew up in Laurel Canyon, Los Angeles, with her younger brother Derek, the children of musicians. Her British father, Ron, originally from Birmingham,

"You haven't seen JON HAMM at five o'clock in the morning, or when he is wearing his stupid Hawaiian SHIRT"

was a trombone player, while her mother, Linda, played blues harmonica. There was never any doubt, Moss says, that she would pursue a career in something creative, too.

"I think if I'd tried to be anything else it would have been odd," she laughs. "If I had said: I'm going to be a teacher, my family would have been like, 'Who are you, you strange creature?'"

As a child, she appeared in various television shows before her big break came at 17 when she played Zoey,



"Some people need more permanence or more stability – I like being a gypsy," says Moss

the daughter of Martin Sheen's President Bartlet on *The West Wing*. I confess my long-standing crush on the show's creator, Aaron Sorkin, who recently won the Golden Globe for his latest film, *Steve Jobs*, but missed out on an Oscar nomination.

"I think he should win an Oscar for everything he writes, including the note to his cleaning lady," enthuses a cheerfully indignant Moss, who also admits that she fully understands my crush.

SHE DOES NOT, HOWEVER, SHARE MY LASCIVIOUS LUSTING OVER HER GOOD FRIEND AND FORMER MAD MEN CO-STAR, JON HAMM.

"I just don't see it," she insists. "You haven't seen him at five o'clock in the morning, or when he is wearing his stupid Hawaiian shirt," she says, fondly. "Sometimes he'll be all dressed up, and I'll be like, 'Oh my god, you look like Don Draper.' But that's really the only time I can ever see it."

She is half-amused, half-horrified when I tell her about the Tumblr, Jon Hamm's Wang, dedicated to the outline of the actor's appendage in his trousers. "The world is so weird," she laughs. "Can you imagine, if »

you had a penis, someone starting a blog about your penis? That's awful."

For his part, on the phone from the Sundance festival, Hamm describes his long-time co-star as: "Incredibly focused, on set and off. She is a very earnest person, while also wildly funny and incredibly optimistic. Facing up to and working through a problem, rather than ever complaining about your lot in life, is a characteristic both Elisabeth and Peggy share," he believes. "They would never sit and curse the things they haven't got in life; they would both always look at the positive."

Indeed, so easy is Moss to chat to, and such entertaining, sparky company, I am surprised when she describes herself as "solitary" and "a loner".

"I DON'T HAVE A LOT OF TIME FOR A LOT OF FRIENDS. I HAVE VERY FEW CLOSE GIRLFRIENDS, ALL OF WHOM I HAVE KNOWN FOR A MINIMUM OF NINE YEARS," she says, without self-pity. "But I feel very lucky. I love travelling, I love getting to meet different people – I see that as a plus point of my job," she insists. "Some people need more permanence or more stability – I like being a gypsy."

She has been single for two years, after breaking up with cinematographer Adam Arkapaw, whom she met on the set of *Top Of The Lake*, the acclaimed miniseries that won her a Golden Globe in 2014.

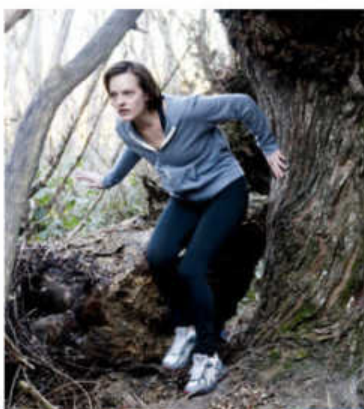
"I almost feel like I've gotten too good at being on my own," she admits. "I think that you get to a place

"When PITCHING my idea, more than one studio said that it was 'TOO FEMALE'"

where you really don't need a relationship. And I do think that is a good thing – it shouldn't be something that you need." She pauses, sips on her Moscow Mule. "But, of course, I don't want to be alone my whole life."

In her mid-twenties, she married comedian Fred Armisen, but they separated within a year, and I ask whether it has put her off the idea of marriage.

"I'm still totally a romantic," she replies. "And it definitely hasn't changed my idea of what a marriage should be. But one of the biggest lessons I learned is that marriage itself is not the be all and end all. An honest,



CLOCKWISE, FROM TOP: Starring in *Top Of The Lake*; with Jon Hamm in *Mad Men*; winning a Golden Globe in 2014

trusting, compatible relationship is actually the most important thing," she continues. "I think before I was married I thought that marriage meant that you would have that. I now understand that they're two separate things." Again, she shows no trace of self-pity. "I'm happy I learned that," she smiles. "And that

I got it out of the way. I don't have any regrets, and I feel I'm in more of a position to be a good partner to somebody than I ever was, because I know exactly who I am now."

Endearingly and unusually open, there is only one topic Moss declines to talk about: her religion. She is a member of the controversial Church of Scientology.

"It's my private life," she says, perfectly politely, when I tentatively broach the subject.

We discuss instead the strange dynamic of the interview situation: meeting a complete stranger and being expected to divulge the most intimate details of your life. Although, I mention to Moss, we have actually met twice before – briefly, and both times in bathrooms – most recently at a Golden Globes after-party in January 2014, when she was in the queue still clutching her trophy. As she wryly noted at the time: "They don't give you a bag for it."

She can finally confirm that there will be a second series of *Top Of The Lake* soon, which she's been preparing for, along with her upcoming role in another British production, *Metanoia*, a biopic of the psychiatrist RD Laing, opposite David Tennant and Michael Gambon.

She also has another project of her own on the boil, the potential television adaptation of a book, which she will produce herself. "I don't want to jinx it, or talk about it in case it doesn't happen," she squirms. "It's not modern, I can say that, and it's a story that I am shocked has never been done before."

It also has a female protagonist, which Moss has been incensed to find has been a sticking point for some studios.

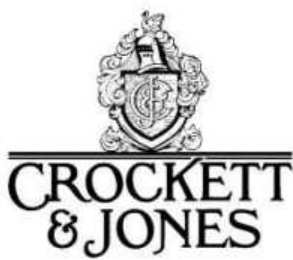
"When pitching it, more than one place said that it was 'too female'," she gasps. "And I remember saying to my producing partner and our director, 'Is that legal?' It's inane and it's archaic, and I can't believe people are still getting away with saying that," she cries.

But my money is firmly on Moss getting her female-led project made – and doing Peggy proud. **Truth is released nationwide on 4th March, and High-Rise on 18th March**

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A devastating break-up left novelist Anna North feeling rudderless. Then a friend challenged her to do one new thing a day, no matter how trivial

In the spring of 2009, my boyfriend and I broke up. We had been together two years and we were planning to move in together once I finished university. We'd also been fighting a lot and I should have expected the break-up, but I didn't. I'd been napping one afternoon and woke up to find a note under the door.

I didn't know what to do with myself. We were supposed to make decisions together – where to live, what to do. Now I could go anywhere and there was nowhere I wanted to go.

My biggest worry was that there was something wrong with me. I was afraid my boyfriend had left because I was not exciting enough. "Am I boring?" I wrote to a friend. An ad popped up next to the email: "Are you boring? Take this quiz!"

I didn't take the quiz. Mostly I whined to my friends. As spring turned into summer I was a mess. My friends brought me nail polish and magazines; an eye mask you could make hot or cold, to ease stress. One friend made me dinner so I would eat. I kept whining.

Finally my friend S gave me some advice, "If you're so worried about being boring," she said,

"why don't you try being spontaneous? Every day, do something you'd never ordinarily do."

I like a project, especially when I'm feeling terrible. I started right away.

OTHER PEOPLE MIGHT HAVE TRIED SKYDIVING, OR DRUGS. I TRIED WALKING. Actually, I'd already been walking a lot that summer. I had a lot of time on my hands – I had just graduated, I was working from home in a small town, and I no longer had a boyfriend. Walking was one of the few ways I could kill time.

After I got S's challenge, though, I started walking to new places. Our town in Iowa was beautiful in the summer, and I'd been trudging up and down the same few blocks, listening to podcasts and feeling sorry for myself. One day I tried going uphill to the street where the apple tree bent over the road. The next, I jumped up to touch one of the apples. I didn't pick it or anything, because that would be stealing. (It is possible, I realise now, that I am boring.)

One day I walked near the river, down a street I'd never seen before. I found a little glen; bright green >>

and smelling like rain. There was a tree stump in the middle of the glen. I walked to the stump and stood on top of it. I looked out at the grass and the afternoon light. I didn't feel better, but I was starting to feel something.

Walking wasn't the only thing I did differently. Later that summer, a blogger I knew posted that she was having a difficult time. She'd been dealing with a mental health issue and was starting treatment. I wanted to reach out to her, but I'd never written to her before.

I WAS AFRAID OF APPROACHING STRANGERS, EVEN OVER THE INTERNET, even though I was becoming a journalist and it was becoming my job. But I had a challenge, so I sent her an email. I told her I was thinking of her, that I enjoyed her blog and that I hoped her treatment went well. I didn't hear back from her right away, but later on we corresponded, and helped each other with stories.

I don't remember everything I did as part of my challenge, or project. What I do remember is that the point was not to let fear or shyness stop me. It was to do things for myself, and for other people, I might ordinarily have talked myself out of, because I might get in trouble or because someone might think I was stupid or just because it wasn't like me in some way.

I didn't have a list or a plan of things to do, I just tried to notice when I felt too afraid or uncomfortable to do something, and I tried to do it anyway. The point was to be generous, to myself and to other people, rather than miserly.

The project didn't cure my heartbreak. At the end of that summer I still felt terrible. I remember using scented lotion to prove to myself that I was worth using scented lotion on.

But something was turning around in me. Immediately after the break-up, I'd decided to stay in town for the following year. It was cheap to live there, I could keep working remotely and some of my friends were sticking around. But by the end of the summer I didn't want to do that any more.

The website I worked for was based in New York, and I decided to move there. It would be expensive and difficult and I knew I might very well be miserable, and I did it anyway.

At the time, I didn't think of moving as part of the project, but of course it was. I had tried enough tiny things that when it came time to do something big, I was ready. And even if I was still crying a lot and reading articles called *How To Be Happy* on self-help websites, I liked the feeling of doing something out of the ordinary every day. I remember telling a friend I was moving to New York because I wanted new things to

happen to me. And they did. I saw a puppet show about Chopin and a version of *Julius Caesar* set in a girls' school. I learned where to get coffee and ice cream and snails and sushi and bagels and oysters and beer. I went to Fire Island and got the worst sunburn of my life. I met men on OkCupid. I met men in real life. I met smart women everywhere. I got locked out of my apartment with no shoes on. I got back together with my ex-boyfriend and broke up with him again. My new roommates consoled me with pizza. I interviewed a famous novelist and a porn star and the accordionist from my favourite band, and I gave advice to a younger writer and I took my mum for a walk across the Manhattan Bridge. I remember standing in my tiny bedroom and realising my life had actually got

big. Years went by. I had a book published and wrote another one. I fell in love and, last year, I got married. But I still think about the summer of 2009 all the time. Even though I felt terrible every day that summer, those memories are some of the sweetest of my life. When I'm feeling weak or sad or uncertain of myself, I like to remember how broken I felt, and how I began to heal. And I remember, too, that I healed not by curling in on myself, but by branching out.

THE TRUTH IS, I'M A CAREFUL PERSON. I'M SCARED OF A LOT OF THINGS AND I ALWAYS THINK ABOUT WHAT COULD GO WRONG. At the same time, I've taken a lot of risks. I've moved across the country, I've taken jobs that didn't exist before I got them, I've fallen in love again after getting dumped (a commonplace risk, but a risk nonetheless). Doing things like this didn't come naturally to me, I had to practise. And the things I did in 2009, as tiny as they were, were part of that.

I remember a moment that summer when I knew I could leave town. It was evening and I was walking to meet a friend. I turned to look over my shoulder (was that my new thing for the day? It may have been – some were that small). The sky was lit up, bright purple, pink and maroon. I could have taken that as a sign that I should stay, that this town was too pretty to abandon. Instead, I took it as a friendly goodbye.

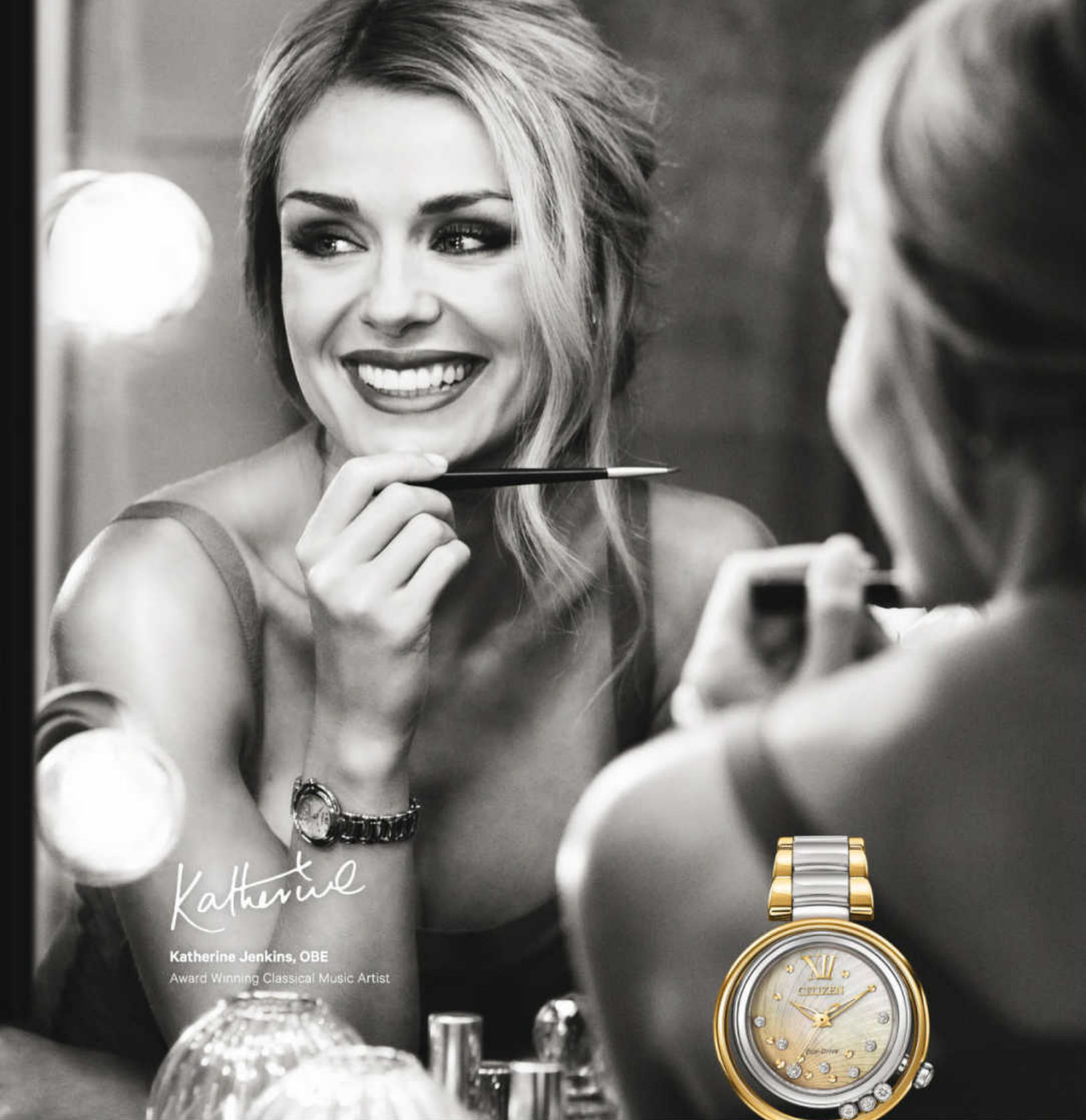
People tell you to listen to your gut, and I think they're right. But you also have to train your gut to give you the right advice. I think that's what I was doing in summer 2009 – slowly, and without knowing it, I was training my gut to say "yes" instead of "no".  *The Life And Death Of Sophie Stark* by Anna North (Orion, £7.99) is out now

Anna learned to try new things as part of her project



“ I remember using SCENTED LOTION to prove to myself that I was WORTH using scented lotion on ”

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“MY **DIVORCE** WAS
FOR THE BEST – BUT
THE PRICE I PAID WAS
MY **STEPDAUGHTER**”

Many second marriages end – but no one talks about how it feels
to lose the stepchild you’ve come to love, says Flic Everett

The year before last, on the eve of my birthday, I sat outside my new flat with a glass of wine. It was three months after my marriage had broken up, but it wasn't the lack of a husband that made me suddenly burst into tears. It was the realisation that this would be the first birthday in 17 years I wouldn't be getting a card from my stepdaughter.

Leila* was Jim's eldest daughter, and when his first marriage ended, she chose to stay with him. She was eight when I met her – beautiful, with huge eyes, bobbed hair and the glare of an assassin when she wasn't happy. And, at first, she wasn't. Like many children of divorce, she wanted her daddy to herself.

She would stomp along between me and her dad to keep us apart. It was natural, and I tried to see things from her perspective. Things changed a few months in when Jim had a last-minute work call and had to miss Leila's school concert. She was in tears, and I said "I'll come".

After a few years, she and Jim moved in with me and my son, Tom, who was three years younger. In moments, they established a sibling relationship of power, control, rage, and bonding together against adults.

I tried to be fair to Leila – and her two sisters, who'd stay at weekends – and not favour Tom. But in times of trouble, the girls went to their dad, and Tom came to me. We were not one big happy family – but sometimes we had happy times.

Jim and I married, and Leila was a bridesmaid. Aged just 10, she delivered a brief, gabbled speech, telling the guests how happy she was to have me as a stepmother. I clutched her to me, ruining my make-up crying onto her shoulder.

Our bond deepened. When she was bullied, aged 12, she came home crying and told me first. Once she hit her teens and the house was filled with hormones and body-spray, I was the one who explained what she may be feeling to her frustrated dad.

I never shouted at her, retreating into silence when I felt angry. In retrospect, that was unwise. I was afraid of losing her love, but perhaps she felt I wasn't fully committed.

Still, on her 16th birthday she wrote me the most beautiful poem, thanking me for raising her. When she found herself pregnant at 23, I was deeply honoured when she asked me to be her birth partner, though, in the event, we were stuck in a traffic jam, and it was Leila's new mother-in-law who was there.

By then, I thought our bond was inviolable. Leila had long known that my relationship with her dad wasn't perfect. We'd always rowed, money and work problems were constant, and with difficult exes and the children leaving home thrown in, it was increasingly clear that our marriage was troubled.

During a bad patch, I tentatively asked how she'd feel if the worst happened. "It'd be sad, but if you're

"There's no precedent for what to do when a DAUGHTER who was never really yours REJECTS YOU"

not happy..." she said, "You'd still be my other mum." I was reassured that she'd still be my daughter. Because that's how I thought of her. When people asked me how many children I had, I always said "two".

In 2013, my marriage careened off the road. We had tried counselling, separation, moving house. I had given up – but despite everything, Jim hadn't. So when I finally left, he was distraught and turned to the person closest to him: Leila.

She is fiery and forthright; I was braced for her rage. I wasn't anticipating her silence.

I sent her messages saying I didn't believe her dad and I could ever be happy, but I desperately wanted to be in her life. It wasn't just her. I dearly loved her 18-month-old daughter, Lizzy, to whom I was stepgran at 43.

Tom, at university, was saddened but stoical. He and Jim remained friends, and Leila and Tom are still, at least on social media, friends too.

But she wouldn't talk to me. I only knew this because Jim told me.

We still talked because we had to discuss money and practical matters. He even said he'd tried to get her to speak to me, "But ultimately, it's her choice." I was estranged from the woman I thought of as a daughter.

My heart had left the marriage, but hadn't left her. Overnight, I had destroyed a relationship that had taken years to build, piece by delicate piece, like a bowerbird's nest torn down by a gale.

I understood her loyalty to Jim. I knew I hadn't handled the split well, but was shocked at her rigidity.

Over the past 18-plus months, I have endlessly hoped Leila will change her mind. At a wedding Jim and I were at in the summer, drunk, I begged him to explain why she wouldn't speak to me. He sighed. "She just doesn't think there's much point." Her sisters and I were never as close, though I often have dreams about meeting them again.

I have cried a river over losing Leila. Sometimes I think I'm okay, then suddenly I'm derailed, like hearing the song *Tiny Dancer* in a John Lewis insurance advert. It was one of Leila's favourites, and I began to cry before I even knew why. I'm crying now, thinking of the Christmases we won't share, the milestones of Lizzy's I won't see, and the terrible, sad waste of a relationship I cherished.

I know that splitting up with Jim was the right thing to do. But the price I paid was my stepdaughter. So many second marriages fail, often, ironically, due to the pressures of a step-family. I can't be alone in this, but I feel I am. There's no precedent for what to do when a daughter who was never really yours rejects you.

All I can do is hope she knows that I love her – and that if she ever needs me, I will still be there, however long it takes. »

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At sea with the in-laws



Holidays come with expectations, especially first trips with in-laws, says Emma Jane Unsworth

They say you can't choose your family. If that's true, then you definitely can't choose your partner's family.

Spending time with your in-laws can make you realise that loving someone means accepting a complex package. I've been lucky: I've got on well with most of my exes' families – I'm still in touch with my ex Guy Garvey's family. His sister, Gina, and mum, Shirley, are wise women who will always be in my life.

Still, that first solid stretch of time with your beloved's family can be daunting. I've been with my partner Ian for two years, and spent a few days here and there with his parents (they live in South Wales; we're in Brighton). Yet when his dad's 80th swings around he offers to take us all on a cruise, it's a generous gesture but not one that wouldn't fill a newish girlfriend with trepidation.

It doesn't matter what age you are: families are capable of putting us back to our emotional factory settings. I've been guilty of thrashing around like a teenager in the presence of my mum. How would it be to see Ian in his different roles – as a son, a brother, an uncle?

Then there was the holiday itself. Ian's parents love cruises. I have a nomadic soul with a bit of kitsch, so cruises appeal. They are Ian's idea of hell but he's an adventurous soul and the fact it's his dad's 80th seals it.

Before the trip, I have a fancy manicure and ask myself whether

I'm doing it to impress Ian's nieces, aged 12 and nine, who love nail art. Is it the people-pleaser in me? Or just me as social chameleon, trying a new look? I decide on the latter.

Of course I want my partner's family to like me, but it's a two-way street. I've often tried to twist myself to fit partners' and their families' expectations, and it's a wearying habit I've mostly quit. I think it's made me a more real person.

The brand-new, 16-deck, 1,150ft-long cruiser is nothing short of mind-blowing. There's a wave machine, a skydiving simulator, a robotic bar, 18 restaurants... I could go on. We did, go on... most things.

At lunch, you can choose from hundreds of dishes, but I'd prefer to savour the familial moment.

I'm looking at these faces and seeing how they fit. I can see Ian's eyes in his dad's, his hands in his mum's. And his family are all

"It doesn't matter what AGE you are: families can put us back to our EMOTIONAL factory settings"

infectiously affectionate. Arms are looped, heads are stroked.

I also feel their awareness of how rare it is to get round a table together. Gone are the days when Ian, his brother and parents were living under the same roof. This is precious time, woven through with strands of their old set-up, combined with his brother's young family in the mix – which all makes for a tender sort of tension. I think Christmas goes wrong when this tension snaps, making it extra-tragic, as it comes from a good place.

Up in our room, we have a balcony and a sunset. But things go awry when Ian tries to get onto the wi-fi and it's sluggish. He turns into Basil Fawlty when he's confronted with bad technology. But this is worse than usual. I recognise it as... why, as the very person

I sometimes become around my parents – a bit of a brat.

Later, we're booked to see the theatre show *We Will Rock You*. I'm excited, as are Ian's niece and his parents, and Ian comes along, even though he isn't a fan of musicals. The show is packed with Queen songs and we sing and clap along.

Ian's youngest niece turns to me at the end: "What do you think Uncle Ian thinks of it?" Ian, sandwiched between his parents, has a look of traumatised rage. "Uncle Ian is hating this," I say. He confirms it. His mum remarks it wasn't much fun sitting next to him, either. I laugh, but also shoot him a gentle 'Curb your inner teen' look.

In that instant, we work something out: I can tell him to be more patient with his parents and he can do the same with mine. We can help check and acknowledge those flawed, fundamental parts of ourselves.

We can't resist going to the robot bar. A robot mixologist makes your drink from a bank of optics. I text my dad a video, knowing he will love it. I wish my parents could be here to share it. He says: "Amazing." I reply: "Robots make me emotional. I'm not sure why." Dad: "It's because they're innocent, like animals. And we make them work for us." One day we may set up a robot version of the RSPCA.

Getting ready for dinner, Ian does a robot move. "Will this make you emotional?" "Yes," I say. "I would love you a bit more as a robot." There's no doubt that the trip has brought us closer together.

On our final day, we write on envelopes to leave a tip. I grab my denim pencil case and remember it used to be Ian's – his mum made it, years ago, out of his old jeans. She recognises it. I love it: the zip sticks, but I don't care. It symbolises the threads that bind us; the way we change but don't change. I have new threads with these people, helping me unpick my past and restitch myself, reshaping our shared future. All of our zips stick, in some way, but that's okay. »

Fatherhood squared



More than 12 years after his first was born, an older – maybe wiser – James Brown became a dad again

Three years ago at 5.55am on a freezing January morning, I was standing in the doorway of a house in north west London. The snow on the drive was reflecting a waiting taxi's indicators and I wondered where my girlfriend, Lisa, was. She appeared in a daze bumping her suitcase down the stairs and said, "I'm pregnant".

I stared at her in amazement, "Are you sure?" "Yes, I just took a test." We looked at each other in disbelief and laughter. The baby was unexpected but hoped for.

At the end of our holiday, we sat by the sea thinking of names. Lisa's only stipulation; we weren't naming the baby after anyone in The Clash.

This wasn't my first experience of fatherhood; I had 12-year-old MB, my son from a previous relationship.

It was a friend who gave me the perfect analogy for what it is like to have a second child so long after the first. "For years, you are a deep sea diver and then you retire and get a job on land for a decade and then suddenly you've got to get your kit on and go back down to the bottom of the sea beneath an oil rig."

This is how men talk about childbirth, like it's an action thriller.

I didn't have any weighted boots or a big iron diving helmet but I knew what he meant. I was filled with euphoria and nervousness, knowing life would once again run at baby pace. No more eight-hour sleeps, no more quick walks



anywhere. Nappies, stained bibs, food on the floor but, on the upside, a new apparition of beautiful life.

Eight months later, Billy The Kid arrived. MB was the first through the door to see his new little brother.

After years of saying "my little boy", suddenly he was "my eldest". That threw me for about 20 months.

Eight hundred nights later and I feel like a plate-spinning entertainer, one day the plates spin fine, the next they're crashing down.

With one son in his terrible twos and the other hitting puberty, it's like a perfect parental storm. Tantrums and rolling around on the floor for the two-year-old are

"With one SON in his terrible twos and the other hitting puberty, it's like a perfect PARENTAL STORM"

book-ended by calls from school about the 14-year-old.

We live in a weird world of baby buggies and skateboards, Peppa Pig and Bond films. Toddlers' birthday teas and teenage house parties with girls and alcohol. Somewhere, amidst all this, I have to navigate the two paths simultaneously.

With the eldest, it's very difficult to get across the old adage "Do as



FROM LEFT: James celebrating his second son Billy's first birthday in 2014; teenager MB and toddler Billy hanging out



I say, not as I do", when it makes you feel like a hypocrite. Trying to stop him from disrupting lessons by being a smart arse doesn't feel right when I did the same thing at his age.

My biggest challenge has been trying to recognise that mum, toddler and teenager are all going through really important, stressful times of their lives. I find myself sounding like I know it all because I've done it before, but not actually doing enough to help.

For all the challenges, there are plenty of rewarding moments. Seeing the boys happily talking and playing and reading together is the best thing anyone could want.

Both boys are funny, lovely and very self-determined. A decade separates them, they have different mums, but they are so alike. Right now, they are playing in the living room, rolling around on the floor.

Their milestones might be different but they carry equal weight. Today, Billy took his shoes off on his own, and MB had his first professional photography commission. When he asked, "Will they put my name on the book cover next to the photo?" it was as sweet as Billy's giggles after pulling me out of bed. 📸

Follow James on Twitter @james jamesbrown

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Photographs: Gez Cethings. *Standard network rates vary dependent on your phone provider. By texting into this service you are opting in to receive messages from us by email and SMS. You can opt out from SMS by texting STOP to 84499 and from email by clicking "Unsubscribe"



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Rob Delaney
photographed in
London for *Red*



THE *full* CATASTROPHE

Rob Delaney has nothing to hide. The *Catastrophe* star talks to Rosamund Dean about marriage, parenthood, drinking and mortality. Be warned: he doesn't hold back...

Photographs HAMISH BROWN *Styling* LAURENT FRANKS



“O h my god, charcoal lemonade? Give me a break.” Rob Delaney is scanning the menu in an east London hotel and he’s not having the lemonade. “What will you have then?” “Definitely an obnoxious juice.”

This obnoxious juice-loving comedian is the razor-witted Boston-born star of *Catastrophe*, the Channel 4 sitcom he created with *Red*’s ultimate girl crush Sharon Horgan. Series one showed Sharon and Rob getting together after a fling led to an unexpected pregnancy. Series two joined them three years later, with a toddler, a newborn, and the messiest, sweariest, most realistic depiction of marriage and parenthood to grace our screens. Showing everything from post-baby sex and crying at work to the passive-aggressive sleep-deprived

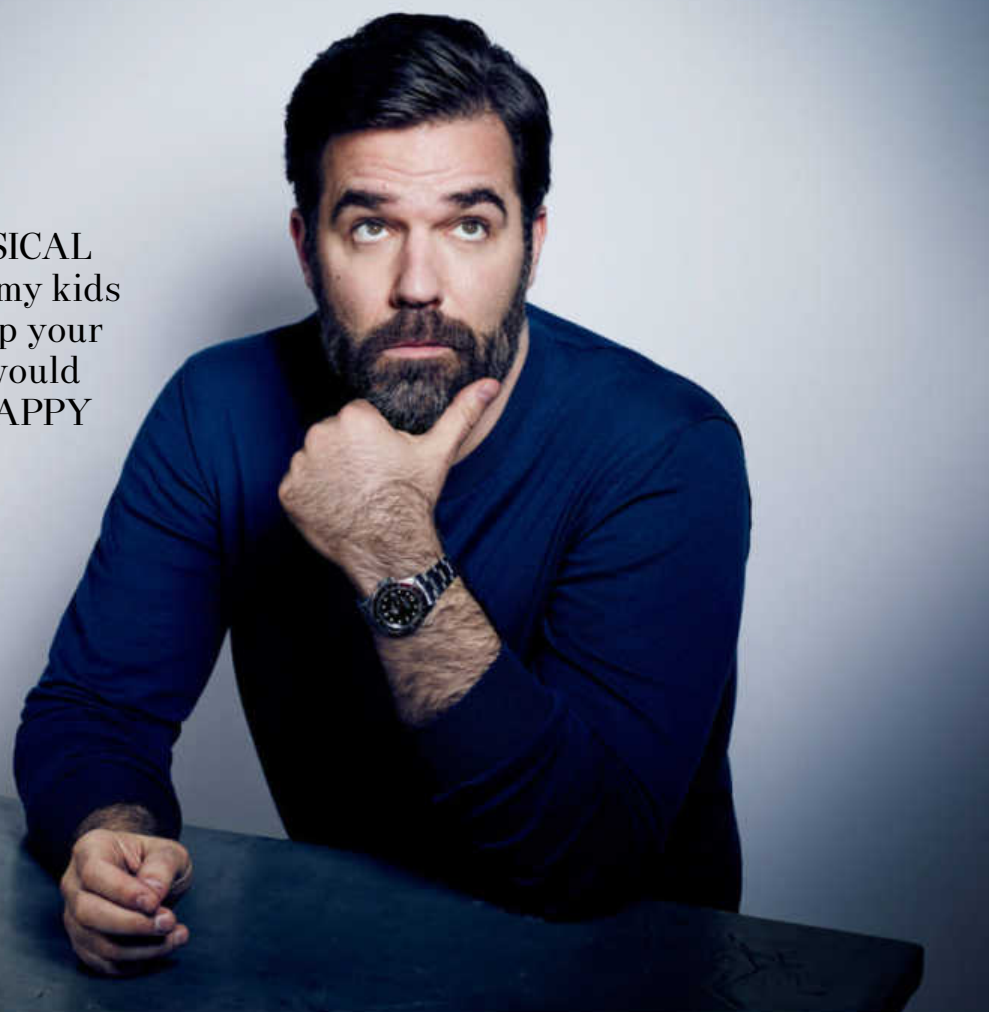
bickering familiar to parents, it’s (painfully) close to the bone. “That was the goal,” Delaney nods. “Sharon has two daughters, I’ve got three sons, we’ve been with our partners for over a decade. We wanted to make people feel recognition and say, ‘Hey, it’s okay’, you know?”

The waiter arrives and Delaney orders a fennel and edamame salad and a Mean Green (raw spinach, coconut water and maca powder). That’s as obnoxious as charcoal lemonade, I say. “It is. It totally is,” he says, before panicking that I’ll judge him, quickly adding: “Don’t get me wrong, I will eat a cheeseburger later.”

DELANEY IS SO LIKE HIS *CATASTROPHE* CHARACTER I FEEL LIKE I KNOW HIM. In fact, there are many ways in which the show echoes Horgan and Delaney’s real »

Rob wears: T-shirt, American Apparel.
Sunglasses, Ray-Ban. Watch, Rob’s own

“
I have a PHYSICAL
NEED to make my kids
smile. You’d rip your
arm off if it would
make them HAPPY
”



lives (his wife is a teacher, for example, like Horgan’s character). Coming from such a personal place, I wonder how I would feel if my husband put the darkest and most intimate bits of our marriage out there in the public glare. Your wife must be very understanding, I say. He takes a deep breath.

“My wife wrestles with *Catastrophe* and its subject matter, which I completely understand,” he says, frankly. “I wish that magically there was some way that we could compartmentalise in our brains and be like, ‘It’s just a job’. And it is a fictional sitcom. But, at the same time, it simulates things...” He tails off, then begins again. “Sometimes I think, would I like to see her making a show like *Catastrophe*? Then I have to stop thinking about that as it’s hard to think about. So it’s a work in progress, a discussion, and I hope that’s the right and healthy emotional way to deal with it. I don’t have a clean answer to that. Other than to say my wife is amazing.”

Delaney loves his wife, but he is honest about the work involved in keeping a marriage going, particularly if you have children, who, of course, you love unconditionally.

“Every molecule in your body is designed to make you take care of your kids,” he says. “I have a *physical need* to make them smile. You’d rip your arm off if you thought it would make your kid happy. But if your spouse wanted your arm, you’d definitely do a cost/benefit analysis.”

He laughs, warming to his theme. “My own marriage is challenging and rewarding in equal parts. We’re about

to celebrate our 10th anniversary and I’m incredibly proud of that. The more kids I have, the older I get, the fatter I get, the more beleaguered I get, the more I realise it’s okay for a relationship to be work. There’s a beauty in the work of marriage. I now know that hard work is an ingredient of love, along with infatuation and intimacy.”

Now the green-juice-drinking family man, Delaney’s twenties looked very different. A struggling actor with a destructive drinking problem, it took an inebriated car crash in Los Angeles in 2002 to wake him up. He broke his right arm and left wrist, and his knees were cut to the bone. He now has a metal pin in his right forearm, which he good-naturedly lets everyone on the *Red* shoot feel.

In the aftermath, he decided to try stand-up (paying the bills by working in advertising, like his *Catastrophe* character) and was an early adopter of Twitter as a way to get his jokes out there – 1.25 million followers later, he is often lauded as the ‘funniest person on Twitter’.

He says trolls have never bothered him: “As a stand-up, people tell you to fuck off all the time. How is Twitter going to upset me when I get trolled to my face?” When I suggest it’s worse for women, he embarks on a rant.

“Absolutely,” he begins. “If you’re a troll yelling at women online, that means you’re guided by fear. You feel small. And if you’re a man and women are the target of your ire there is this existing network of hatred and misogyny that you can sign up to. Why not cut out the fact that she’s a physicist, a mother of four, »



Winner Laundry Care Category.
Survey of 11,586 people in UK & ROI by TNS.



**READY TO MAKE
YOUR WISH?**

a grandmother, a breast cancer survivor? Why not remind her of what you perceive to be your superiority because of your genitals? It's so cowardly. The web is an easy place to anonymously give women a hard time. It's disgusting! Fuck those rubbish people!" He stabs his salad, announcing, more calmly: "Those are my thoughts on *that*."



Despite his issues with aspects of it, Twitter changed Delaney's life as it's where he 'met' Sharon Horgan. After admiring each other's work in 140 characters, they went for coffee and came up with *Catastrophe*. "Rob makes me laugh more than anyone," Horgan tells me over email. "He has this ability to see things differently, which always floors me. It's so effortless. I think his talent is pretty singular actually."

It was Horgan's idea for his character to have a drink problem. "I've been sober for almost 14 years, after quite a career with booze, and I hadn't thought to include that in the show, because I wasn't sure how to make it funny," he admits. "But Sharon wisely thought that that would be a good autobiographical detail to put in, and I'm glad that we did. Obviously a struggle with alcoholism isn't funny at first glance, but there are mental contortions that you do to justify behaviour, that are ridiculous."

I ask about the scene in series two where his character falls off the wagon. Did it bring back uncomfortable memories? "I just wanted to make sure it [acting drunk] was as realistic as possible," he says. "In no way, shape or form did it make me want to drink."

But then he reveals he cried after a scene where another character, Dave, is unconscious after a drink and drugs binge. "Seeing somebody that my character cared about suffering in that way was just..." He pauses, making me think the episode affected him more than he realised. "The only person that saw me cry was the make-up girl."

Right now, family is his number-one concern. "I'm a dad first, a comedian second," he says, in a comedy dad-of-the-year voice, but he means it.

Something about Delaney makes you want to tell him inappropriate parenting stories. Perhaps it's because, as a father of three boys under five (a four-year-old, a three-year-old and a nine-month-old), he is never far from a scatological incident. I find myself blurting out an anecdote about my son's genitals, and it's met with a huge grin and a booming, "Well, you grew those balls inside you!"

With his toothpaste-commercial grin and proclivity for filthy humour, he doesn't immediately seem like a knackered dad. But, as he talks about his new stand-up

the US] is that you can usually sleep in your own bed," he says. "If it's physically possible for me to get back to London, I will. My tour manager will say, 'With good traffic we could be back by 3:15am', and I'm like, 'Great!' He always says, 'Or... we could stay in a hotel?' But I never want to if I can avoid it." He pauses, then adds: "I wonder how much he enjoys working with me, actually."

Delaney is utterly dedicated to his family's happiness and so he should be. His wife had to leave their home in California, give up her job, and move to London with three kids and no childcare ("We don't have a nanny because we want to do that stuff ourselves," he says).

"I'm incredibly grateful to my wife for letting *Catastrophe* happen by agreeing to come with me," he says, "I wouldn't have made the show if my family didn't come. I shot the pilot without them and that was hellish, I hated it. I'm not capable of being away from them for that long and I won't do it again. It wasn't like, 'Ooh that was hard', it was like, 'I think I've been *damaged*.'"

Delaney's tour is entitled *Meat* because, he says, he's been thinking about the human body "and its fallibility and ephemerality". This is partly because of the three pregnancies and births he has seen but also "confronting my own mortality and watching my body start to fall apart". He is 40 next year, but says it's parenthood, not age, that has made him think about death. "When my first son was born, I remember thinking, 'Oh my god, I'm going to die at some point!'"

It's classic Delaney: frank, funny, and relatable with no soft edges. It's telling that, when I ask what people would be surprised to learn about him, he can't think of anything, as all his darkest secrets – from alcoholism to arguments and his mortality – are out there. "What

I do is pretty unvarnished," he says, as we pay and walk past tables of people drinking charcoal lemonade.

"Weirdly, I got that feeling [about death] again recently when my son turned three. I was suddenly like, 'Yep, still going to die.' But what can I do? Just work harder, work smarter, keep on trucking... and I'm definitely going to die." There's that big grin again. ■

Rob Delaney's stand-up show Meat, starts 8th March at The Lowry, Manchester; robdelaney.com. Catastrophe is on All 4

tour, he shuts his eyes, rubs his brow and I glimpse the exhaustion that follows all parents of young children like an invisible weight.

"A massive plus about touring the UK [as opposed to

“The **WEB** is an easy place to anonymously give **WOMEN** a hard time. It's disgusting!”

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Reads

Edited by HANNAHDUNN



CLOCKWISE, FROM LEFT: Gisele Bündchen for Givenchy S/S 12; Jourdan Dunn and Naomi Campbell for Emporio Armani S/S 15; and Agyness Deyn for Giles A/W 15, from Matt Lever's *Behind The Runway*



BACKSTAGE DRAMA

Proving the magic of fashion shows isn't necessarily all about what happens on the runway, fashion photographer Matt Lever showcases intimate pre-show moments in his book *Behind The Runway*:

Backstage Access To Fashion's Biggest Shows (Roads, £30). Here, you'll see the likes of Naomi Campbell and Giselle backstage, everywhere from Givenchy to Roberto Cavalli, where zippers are sticking, buckles are snapping, and emotions are running high. The front row has *nothing* on the backstage theatrics. »



OSCAR DE LA RENTA
by Jennifer Park and Molly Sorkin (Prestel, £50; out 12th March)

Everyone from Hillary Clinton to Taylor Swift has worn the late Oscar de la Renta's creations, and now his journey from the Dominican Republic to his own fashion house is documented through exquisite photographs, historic images from his personal archive and, of course, his famous designs.



MOTOWN: THE SOUND OF YOUNG AMERICA by Adam White with Barney Ales (Thames & Hudson, £39.95; out 14th March)

Marvin Gaye, Stevie Wonder, Diana Ross & The Supremes... Motown Records brought us some of the biggest artists in history. From its creation in the late 1950s, we get an inside look at new interviews, previously unpublished material and intimate photography.



FAIRY TALE FASHION
by Colleen Hill (Yale University Press, £30; out 16th March)

Our fascination with fairy tales shows no sign of slowing down, as the clothes behind the famous stories are explored. Imagine the glass slipper in *Cinderella* intertwining with the fashion of Alexander McQueen and Dolce and Gabbana.

HOT LIST
Feast your EYES

The best new books to adorn your coffee table



INSIDE HAUTE COUTURE: BEHIND THE SCENES OF THE PARIS ATELIER by Desiree Sadek and Guillaume de Laubier (Abrams, £35)

Taking a sneak peek inside Paris' most famous design houses, we finally get to see the intricate workings of their everyday life, from the sewing ateliers and the skilled artisans to the final garments.

Q&A

“Anything I WRITE NOW is compared to *Pearl Earring*”

With her eighth novel out this month, Tracy Chevalier talks Florentines, guerrilla gardening and the success of *Girl With A Pearl Earring*

Tracy Chevalier, above, edited a collection of short stories to celebrate 200 years since Charlotte Brontë's birth, below



TELL US ABOUT YOUR NEW NOVEL, *AT THE EDGE OF THE ORCHARD* It's about a dysfunctional 19th-century American family settling in Ohio, and the effect of the parents' battle on their children. It's reflected in their relationship to the trees around them, especially apple trees and redwoods and giant sequoias.

YOU'VE ALSO EDITED A COLLECTION OF SHORT STORIES, *READER, I MARRIED HIM*, TO CELEBRATE THE BICENTENARY OF CHARLOTTE BRONTË'S BIRTH. HOW DOES SHE INSPIRE YOU? I admire how Charlotte Brontë managed to sustain a potent imagination when she lived such a quiet life in a tiny village.

WHAT'S YOUR FAVOURITE BRONTË BOOK? It has to be *Jane Eyre*. Charlotte wrote three others, but none of them has such a compelling heroine as Jane.

WHAT'S THE BEST THING ABOUT WRITING? I love tinkering with characters and sentences and making them come right.

HOW DO YOU KNOW WHEN A BOOK IS FINISHED? You can feel it. Writing that

last scene is always a shock. I tend to burst into tears afterwards.

YOUR MOST FAMOUS BOOK IS STILL *GIRL WITH A PEARL EARRING*. HOW DID THAT CHANGE THINGS FOR YOU? I feel incredibly lucky, as it gave me a readership. It does mean, however, I am less free just to do as I like. I'm also aware a quiet comparison always goes on between what I produce now and *Pearl Earring*.

WHAT DO YOU DO WHEN YOU'RE NOT WRITING? Reading, cooking, gardening (I do a mean guerrilla garden on my street), yoga, quilting. Dull, really. I have to read before bed. If I don't, it's like going to bed without brushing my teeth. I'm just about to start Joanne Harris' *Different Class*, a novel set in the same school as *Gentlemen And Players*.

WHAT'S THE BEST THING IN LIFE? Florentines from Fortnum & Mason. They are so fabulous. *At The Edge Of The Orchard* by Tracy Chevalier (Harper Collins, £14.99) is out 8th March

Scarlett Johansson, above, starred in the film version of Chevalier's book, *Girl With A Pearl Earring*; Fortnum & Mason's Florentines are Chevalier's best thing in life



This month's must-reads

By SARRA MANNING



Missing, Presumed by Susie Steiner (The Borough Press, £12.99)

An intricately woven novel about a woman missing in suspicious circumstances. And,

for once, the twists are unexpected and deeply satisfying.



The Infinite Air by Fiona Kidman (Aardvark Bureau, £9.99; out 6th March)

Dubbed 'the Garbo of the skies', aviatrix Jean Batten was the first person to make a direct flight between England and New Zealand. A fascinating read.



Maestra by L.S. Hilton (Zaffre Books, £12.99; out 10th March)

A fast-paced romp with an amoral and immoral heroine, it's billed "the most shocking thriller you'll read this year". *Maestra* lives up to the hype. »



EXTRACT

Baby BRAIN

For poet Hollie McNish, motherhood was a journey no one had quite prepared her for. But her searingly honest diary entries and poems in new book *Nobody Told Me: Poetry And Parenthood* will make you laugh and cry with her

9 OCTOBER
NEARLY 7 MONTHS OLD

Today, I have an epiphany. Watching him. It's the moment I realise I do fancy him a lot, and it's not just because of labour or breastfeeding or the lack of sleep. It's because sexy has changed. That's it. Sexy has changed. I just find different things sexy now. I mean, like, Barry White's music doesn't really do it any more for me now. I hear it and I just think about his nine children and how much work his baby mothers must've put in while he was furthering his own career. Same with Bob Marley: hero, for sure, all good, but who looked after your kids, Bob? Not sexy any more. Not relaxing at the moment.

And nipples, that's a big change. And when I used to get excited when Dee whispered in my ear, "Please wait for me, I won't be long, don't go to sleep yet" – now that's just not going to happen. But right now, he is looking so sexy and I find

it so sexy when he picks up our baby and gets her dressed and wraps her up in that lovely soft blanket and takes her out of the house. And I can have an hour to myself just to sit and relax. Now that is sexy.

And when he says to me, "No, you sit down, Hollie, you've done enough, I'll make the tea", that is sexy stuff.

And when he comes up to me and whispers in my ear, "I know

I've been to work but just

because your work is unpaid and not appreciated by our current government who generally have no idea of childcare in any way whatsoever and therefore ignore

it in all policy making decisions, it does not mean that I don't understand that you, too, have been at work all day."

Now that is sexy talk. (He hasn't actually said that last one, but when he does...!) *Nobody Told Me: Poetry And Parenthood* by Hollie McNish (Blackfriars, £13.99) is out now

"When he says 'No, you SIT DOWN... I'll make the tea', that is SEXY stuff"

NOBODY
TOLD ME
HOLLIE McNISH
POETRY AND PARENTHOOD

The YA books adults
should read too

Over the past 10 years, Young Adult fiction has been gathering as many grown-up fans as it has teens. *Twilight* aside, what should you be reading?



Only Ever Yours
by Louise O'Neill
(Quercus, £7.99) Her second novel, *Asking For It*, was one of the biggest YA books of 2015 with its honest look at the culture of slut

shaming. But it's her first book *Only Ever Yours* that we keep re-reading. It follows two best friends who, after finishing school, must find husbands.



The Big Lie by Julie Mayhew (Hot Key Books, £7.99)

Set in an alternative Britain, in which the Nazis won World War II, good girl Jessica

Keller is drawn into her rebellious best friend Clementine's plans. A genius idea, executed flawlessly.



The Book Thief by Markus Zusak (Black Swan, £7.99)

Set in Nazi Germany and narrated by Death, it doesn't sound like a Young Adult novel,

but that's exactly what it is. Telling the story of Liesel, whose parents have been taken to a concentration camp. »

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jacket, from £10. Tabitha wears:
Jumper, £16; **shirt**, £20; **trousers**, £16;
shoes, £10, all Tu Clothing

Red PROMOTION

Tabitha wears: **Shirt dress**, as before.
Ilias wears: **Jacket**, £25;
T-shirt, £7; **jeans**,
£15, all Tu Clothing



LEFT: **Jacket**,
£30; **top**, £14
RIGHT: **T-shirt**,
£14; **dungarees**,
£20, all Tu
Clothing



Red **PROMOTION**



Top,
£14



Bag,
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Style tip

A white tote bag makes the perfect finishing touch to any outfit. Just throw in your not-so essentials and you're good to go

THE INSPIRATION



Toni Salters,
Design Manager
at Tu Clothing

"Lazy days by the sea inspired this collection. Preppy styling, indigo blue and deckchair stripes are perfect for spring/summer, day or night, while a classic white shirt is your everyday throw-on."

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Style tip

Denim remains a power player this season. Wear jeans rolled up above the ankle for an instant update

The Tu spring collection is available in selected stores and online at TUCLOTHING.SAINSBURYS.CO.UK

Sarra on her graduation day with her mum in 1993, right



AT MY MOTHER'S BOOK SHELF

Sarra's latest novel *After The Last Dance* is out this month



Ahead of the release of her new book *After The Last Dance*, *Red*'s literary editor Sarra Manning explains how her mother's love of romance novels inspired her to write

I grew up in a house full of books. No Henry James. No Dickens. No Shakespeare. Instead, every bookcase was crammed full of my mother's dog-eared, well-thumbed romance novels stacked three deep on the shelves.

No matter that other people might have looked down on her taste in literature, my mother was evangelical in her belief that reading was a gateway to a world you might otherwise never experience. She'd passed her 11 plus but never went to grammar school, then started working full-time at the age of 15 as my grandfather didn't believe girls needed an education. Both my parents were determined their lack of money didn't mean I would lack opportunities.

I started school already able to sound out my alphabet. In fact, I can't remember a time when I wasn't nose deep in a book.

Growing up, there wasn't money to buy books, so every Saturday, without fail, we visited the library.

By the time I was 10, I had special dispensation to use the adult library, while at home I was tearing through my mother's books. Although I wasn't allowed to watch ITV or chew gum, my mother made no effort to censor my reading.

So, I started reading torrid romances way before puberty kicked in. Kathleen Winsor's *Forever Amber*, the Angelique series set during the reign of Louis XIV, and the second-hand Mills & Boons my mother used to buy by the bagful were all fair game.

By the time I finally read *Pride And Prejudice* at secondary school, I was already fluent in the language of the haughty hero and the madcap, spirited heroine. And the love of reading my mother had instilled in me paid dividends: I was the first person in my family to do A-levels and then go to university.

I was going to be a writer; there was no question about it. I got a job on a music paper. I hated it.

I tried to write the great British novel. It sucked.

It wasn't until I wrote a fictional column called *Diary Of A Crush* when I worked on *Just Seventeen* that I finally understood how romantic fiction had been hardwired into my DNA. Once I made my peace with it, the words simply poured out of me. My mother was beyond thrilled when I got my first book deal. She was in hospital as I wrote my debut novel. I'd email each chapter to my dad to print out for her to read but she died before I became a published author and the loss of her still makes my heart ache.

Over 14 years later, it's entirely down to my mother that I earn a living doing something I love. My mother didn't just give me a world that she never got to experience, she gave me countless worlds to dive into every time I call up a blank page in Microsoft Word and type in the two most beautiful words in the English language: Chapter One. Thank you, Mum.  *After The Last Dance* (Sphere, £7.99) is out 10th March

"The LOVE of reading my mother had INSTILLED in me paid dividends"

*Lived
not modelled*

JIGSAW

STYLE & TRUTH

Fashion

Edited by NICOLA ROSE

Cady jacket, £2,650;
cady tunic, £850;
cady skirt, £800,
all Marni. **Suede
sandals**, £315,
Stuart Weitzman

RIDE ALONG

Silhouettes stay loose and **LAYERS** remain key, with a mash-up of **PRINT** and colour.

In other words, anything goes in this month's fashion (extra points for sliders). There's also full **ROMANCE** in palettes of pinks and florals, and **MONOCHROME** is holding fast to keep us happy, too



Gucci amps up the decoration, the fun, the glamour with this flower-flocked floor-sweeper. Pineapple stilettos send it straight into bloom

Cotton embellished dress, £3,780; gold bangles, from £2,060 each, all Gucci. Leather shoes, £615, Aquazzura

MAKE ME BLUSH

PERFECTLY PRETTY FLORALS, SUMPTUOUS SILK, WISPY RUFFLES; THE GIRLISH CHARMS OF THE SPRING COLLECTIONS ARE SURE TO IGNITE A FASHION ROMANCE THE WORLD OVER

Photographs LOUIS CHRISTOPHER
Styling VICKIE KEEBLE



Rochas' loose-fit lace slip-on is all kinds of cool. A neon-bright heel takes it the other side of sweet
Cotton-mix dress, £1,180, Rochas at Net-A-Porter.
Plastic earrings (just seen), £5, Asos.
Leather shoes, £495, Christian Louboutin



Show off a shoulder
with a perfect
asymmetrical
neckline and
embrace Preen's
punk-meets-
girlie vibe

Silk dress, £1,080,
Preen by Thornton
Bregazzi at LN-CC



Emilia Wickstead accentuates the classic with a few playful twists. Gathered sleeves and a baby turtle neckline, set off this joyfully embellished candy-stripe pencil. Love **Silk top**, £550; **jacquard skirt**, £790, both Emilia Wickstead. **Paillette earrings**, £325, Prada. **Silk-satin shoes**, £350, Alexander White



There's so much textile detailing in this dress, we don't know where to start. It. Has. It. All. We propose pairing it with tonal tassel earrings. Yes, yes, yes

Lace dress, £1,695, Burberry. **Nylon underskirt**, £72, Spanx at Selfridges. **Plastic earrings**, £12, Rokit



Silk cuts a divine fluid line in this pastel two-piece while lace cut-outs lend the perfect balance of reveal and conceal

Silk top and skirt set, £4,400, Dior. **Gold-plated brass bangle**, £155, Edge of Ember. **Leather bag**, £300, M2Malletier at Net-A-Porter. **Leather shoes**, £665, Christian Louboutin



Combining artful embroidery, sweetly subtle shades and the softest lace, this gloriously graceful dress takes spring romance to the max

Lace dress, £895,
Topshop Unique.

Poly-mix slip, £19.50,
Marks & Spencer.

**Gold-plated brass
ring**, £131, Joomi Lim.

Leather shoes, £495,
Bionda Castana

**Sleek, sophisticated
and oh-so covetable,
this is how you
do 'chilled out
sequins' this spring**

**Silk dress, £1,255,
Tibi at Shopbop.**

**Rose gold-plated
brass cuff, £155,
Edge of Ember**



**Nothing is sassier
than a magpie-
worthy neckline.
Wear with a classic
tweed skirt to add
off-duty informality**

**Organza dress, £4,810;
tweed skirt (just seen),
£1,270, both Prada**



Layering was key at Chanel for S/S 16. This striking multifaceted dress, adorned with eye-catching ruffles, just shouts 'wear me'

Silk crepe dress, £6,653, Chanel. **Gold cuffs**, from left: £495, Van Peterson; £127, Pamela Love. **Gold- and silver-plated bracelet**, £175, Uncommon Matters. **Satin-mix shoes**, £575, Jimmy Choo

Model Tosca Dekker at A Models Amsterdam. Hair Bjørn Kruschke at Frank Agency, using Bumble & Bumble. Make-up Michelle Campbell at Frank Agency, using Bobbi Brown. Stylist's assistant Amy Hanson. Location Alva Studios



Cutaway details and oversized pockets give an otherwise classic dress a modern update.

Add chunky sandals and it's win-win

Cotton dress, £2,470; **leather sandals**, £570, both Fendi. **Silver earrings**, £49; **silver ear cuff**, £49, both Maria Black. **Silver bracelet**, £225, Allison Bryan. Jewellery worn throughout



LOVE MATCH

LOW-KEY, MINIMALIST AND ULTRA-CHIC, THERE'S
A SPORTY FEEL TO THIS SEASON'S LOOKS IN HIGH
SCORING TOP-TO-TOE BLACK AND WHITE

Photographs DAVID GUBERT Styling OONAGH BRENNAN



Dao-Yi Chow and Maxwell Osborne take the reins at DKNY, deconstructing the power suit with sporty, laid-back pieces that make being ready for anything a dream
Wool top, £335; **wool trousers**, £495, both DKNY. **Acetate sunglasses**, £115, Ray-Ban at Sunglass Hut. **Leather shoes**, £300, Robert Clergerie



Delicious full-length silks, luxe layering and fluid two-pieces come care of minimalism supremo Calvin Klein, bringing us effortlessly chic dressing

Silk sleeveless coat, £2,230; **silk top**, £745; **silk trousers**, £775, all Calvin Klein Collection. **Earrings** (on left); **bracelets**, all as before. Right: **Silver-plated earrings**, £9.99, Pilgrim (and throughout)



A new mood hits Victoria Beckham... Gone are the sculpting and body-con pieces, here come fluid knit dresses paired with skip-along flat shoes
Cotton dress, £1,750, Victoria Beckham. **Leather shoes,** £430, Tod's



Use frills to add a feminine edge to boyish tailoring. Super-cute
Poly-mix top, £225; **crepe trousers,** £280, both Elizabeth and James



Switch your LBD for
an LBJ (little black
jumpsuit), and say
hello to the most
versatile piece in
your wardrobe
Viscose jumpsuit,
£695, Amanda Wakeley.
Leather trainers,
£145, Senso

A full-page fashion photograph featuring a woman with long, dark brown hair walking from left to right. She is wearing a white, strapless jumpsuit with a wide leg and a thin red vertical stripe down the side of each leg. Her hair is blowing in the wind. In the background, a red classic car is partially visible, and the scene is set outdoors with a blurred background. The text is located in the upper right corner.

**The extra-long
trouser makes
a grand entrance
to wardrobes
everywhere. Jump
straight to the
lead with this
outfit-winner
Silk and cotton
jumpsuit,
£3,390, Hermès**

A woman with long brown hair is walking on a paved path at a beach. She is wearing a grey, short-sleeved, textured jumpsuit with wide-leg trousers and white sneakers. Her hair is blowing in the wind. In the background, there is a sandy beach, a wooden fence, and a colorful building with a sign that says 'LIFEBOAT' under a blue sky. The overall scene is bright and sunny.

Suiting takes a chill pill. For the last few seasons Paul Smith has championed the silk pyjama two-piece and this time it's all about soft, cosy fabrics. Loungewear is back
Wool- and silk-mix top, £335; wool- and silk-mix trousers, £495, both Paul Smith.
Trainers, as before

The maxi dress still rules but for S/S 16 it's more sporty than boho. A preppy polo shirt-dress plus a flat shoe will spruce up your wardrobe in an instant

Cotton dress, £1,270, Stella McCartney

Model Tasha Tilberg at Select Model Management. Hair David Keough at Art Department, using John Frieda. Make-up Silver Bramham at Art Department, using Chanel S/S 2016 and No 5 Body Cream. Stylist's assistant Chloe Forde. Location thanks to Avenue 53 Production

If you're going to look fabulous in dazzling print and floor-length ruffles, you may as well finish it off in style – with box-fresh trainers. Now that's street

THIS PAGE:

Bara (right) wears: **Linen dress**, £9,500, Louis Vuitton. **Viscose socks**, £5, Cos. **Canvas trainers**, £350, Saint Laurent by Hedi Slimane. Samuele wears: **Cotton gabardine trench**, £550, Burberry. **Cotton top**, £34, Made Kids at Selfridges. **Denim jeans**, £7.99; **polyester trainers**, £14.99, both H&M

OPPOSITE:

Look beyond your boyfriend's white shirt because mannish sportswear is this season's best way to dress up a summer floral

Bara wears: **Silk top**, £1,125; **silk skirt**, £810, both Chloé. Harriot wears: **Cotton dress**, £344, Chloé. **Cotton jeans**, £62; **cotton scarf**, £31, both Stella McCartney

COOL KIDS



ON THE BLOCK

WEEKENDS WITH THE FAMILY
ARE EFFORTLESSLY STYLISH IN
DRESS-DOWN SPORTY PIECES,
SOCKS WITH SANDALS AND
PRETTY PRINT MASH-UPS FOR
HAPPY-GO-LUCKY LIVING

*Photographs ALEX EDWARDS
Styling NICOLA ROSE*



OPPOSITE:

A loose shell top and some baggy pants only require a touch of prettiness – like this beribboned shoulder – to look fresh and feminine

Bara wears: **Cotton top**, £69.50, J Crew. **Cotton jeans**, £245, MiH Jeans. **Silver ear cuff**, £49, Maria Black. Samuele wears: **Cotton coat**, £490, Burberry at Harrods. **Cotton and polyester sweatshirt**, £64.95, Little Marc Jacobs at Harrods. **Denim jeans**, £70, Marni. **Acetate sunglasses**, £115, Dolce & Gabbana at Harrods. **Cotton socks** (just seen), £19.50 for a pack of seven, Boden

THIS PAGE:

Broaden your style horizons; a killer coat doesn't only work with heels. Practical sandals, like these, will give tailoring a bit of an edge

Bara wears: **Wool and leather coat**, £1,700; **silk-mix dress**, £595, both Coach. **Viscose socks**, £5, Cos. **Denim and rubber sandals**, £585, Stella McCartney. Harriot wears: **Cotton jacket**, £142; **cotton dress**, £89; **faux-leather bag**, £120, all Stella McCartney. **Acetate sunglasses**, £145, Chloé at Harrods. **Cotton socks**, as before. **Suede sandals**, £54.95, Birkenstock





Go on, try socks and sandals. Pull them high, go for Lurex and wear with attitude – oh, and a pair of 1950s-style sunnies

Bara wears: **Cotton coat**, £915, MaxMara. **Silk dress** (just seen), £1,095, Philosophy di Lorenzo Serafini. **Wool hat**, £55, Paul Smith. **Acetate sunglasses**, £231, Dolce & Gabbana.

Gold-plated metal and sterling silver bracelets, £155 each, Marte Frisnes.

Cotton socks, £17, Paul Smith. **Leather and rubber sandals**, £125, Senso.

Samuele wears: **Cotton and polyester sweatshirt**, £38, Molo. **Cotton top** (worn underneath), £14.50, Boden. **Cotton shorts**, £82, Bonpoint. **Polyester cap**, £31, Stella McCartney.

Cotton socks, as before. **Leather trainers**, £40, Adidas at Schuh Kids



It's a print mash-up: snakeskin and florals, stripes on stripes, even a garden of roses can be interchanged and worn together for maximum summer punch

Bara wears: **Cotton jacket**, £220, Etoile Isabel Marant at Net-A-Porter. **Silk chiffon dress**, £2,615, Michael Kors Collection. **Bracelets**, as before. **Leather bag**, £515, J & M Davidson. **Leather sandals**, £64.50, Birkenstock

Samuele wears: **Nylon jacket**, £44.50, Petit Bateau. **Cotton top**, from £12; **cotton tracksuit bottoms**, from £11, both Next. **Linen and cotton bow tie**, £16.50, J Crew at Harrods. **Leather trainers**, as before. Harriot wears: **Tencel shirt dress** (worn as jacket), from £20; **viscose playsuit**, from £10, both Next. **Scarf**, stylist's own. **Zinc and semi-precious stone necklace**, £28.50, J Crew. **Cotton socks**, £5, Cos. **Bracelet**; **sandals**, as before



Keep it simple, keep it easy. A pair of dungarees are your Sunday afternoon outfit dilemma solved

Bara wears: **Cotton shirt**, £112; **cotton dungarees**, £366, both YAM Bonpoint. **Acetate sunglasses**, £174, Dolce & Gabbana at Sunglass Hut.

Leather sandals, £275, Sophia Webster. Samuele wears: **Cotton blazer**, £191; **cotton jumper** (just seen), £107; **cotton shorts**, £82, all Bonpoint. **Cotton hat**, £24, American Apparel. **Socks; trainers**, both as before.

Harriot wears: **Cotton dress**, £183; **cotton T-shirt**, (just seen) £51; **leather trainers**, £153, all Bonpoint. **Cotton socks**, £5, Cos

**Turn up your collar
and jump straight in:
we say houndstooth
with herringbone is
the best mix going**

Bara wears: **Silk
and wool jacket**, £1,550;
organza shirt (just seen),
£1,250; **silk and wool shorts**,
£610, all Giorgio Armani.
Harriot wears: **Silk jacket**,
£200; **cotton jumpsuit**,
£180, both Armani Junior

Liberty print props,
stylist's own

Models Bara Holotova and
Samuele at Women 360
Management. Harriot at Bruce
And Brown. Hair Ben Cooke
at Frank Agency for
Lockonego Salon, using
Pantene. Make-up Emma
Osborne at One Represents,
using High Definition
Make-up. Grooming Hester
van Overbeek at ERA Artist
Management, using Aveda.
Stylist's assistants Chloe Forde
and Gabriella Minchella. Set
designer Laura Timmons.
Location Spring Studios



MAX FACTOR X

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THE MAKE-UP OF MAKE-UP ARTISTS

Beauty

Edited by ROSIE GREEN



ON YOUR MARC...

...Get set, go, go, go! The make-up line we've all been waiting for has finally arrived in the UK and we're thrilled to report it is well worth the hype. With so many products (almost 200 in all) – from the wearably bright Kiss Pop Lip Pens to the ultra long-lasting eyeliners – our only problem is, where to start? 

1 Make-up pouch, £75 **2** Highliner Gel Eye Crayon in Top Secret, £19 **3** Enamored Hi-Shine Lip Lacquer in Some Girls, £15 **4** The Face III Brush, £37 **5** Perfection Powder Featherweight Finish in Bisque, £32 **6** Re(marc)able Full Cover Foundation Concentrate in Cocoa Deep, £37 **7** Under(cover) Perfecting Coconut Face Primer, £30 **8** Kiss Pop Lip Color Stick in Crush; **9** Pop-arazzi and; **10** Heartbreaker, £20 each **11** Le Marc Lip Crème in Georgie Girl, £24 **12** Enamored

Hi-Shine Nail Lacquer in Gatsby and; **13** Lola, £15 each **14** Highliner Gel Eye Crayon in (Stone)Fox, £19 **15** (P)outliner Lip Liner in (Nude)ist and; **16** Prim(rose), £18 each **17** Shameless Bold Blush in Reckless, £22 **18** Re(marc)able Full Cover Concealer in Awake, £20 **19** New Nudes Sheer Lip Gel in Role Play, £24 **20** Enamored Hi-Shine Lip Lacquer in Forbidden Fruit and; **21** Love Buzz, £22 each. All by Marc Jacobs and available at Harrods and harrods.com

HAIR SPECIAL

RESTYLE YOUR HAIR IN 3

ALWAYS HAVE THE SAME
HAIRSTYLE? NO MORE
EXCUSES WITH THESE
FAST, FRESH FIXES

Words *ROSIE GREEN*
Photographs *CHRIS CRAYMER*

Wear your hair the same way every day? Yep, us too. Apathy, fear of looking ridiculous and zero time conspire to create a rut that's a hard habit to break.

Cue Adam Reed, hairdresser to Sophie Dahl and Diane Kruger, and L'Oréal Professionnel's editorial ambassador. He's also a man who understands why we stick to the same-old – but he wants us to break out. “Women are scared to try new styles,” he says. “They see something on the catwalk and it seems intimidating, so they do nothing. Or they try to copy it and it's a mess, so they give up.” Guilty as charged.

These styles, modelled by Alma Jodorowsky, seem goof-proof, but Reed says, “practice makes perfect. Three times and you can do it.”

A GROWN-UP, ACCESSORISED TOPKNOT

“Texture is key,” says Reed. “You want volume and movement. It's also important to keep the hairline loose. For this look, pre styling, you might want to add L'Oréal Professionnel Tecni Art Morning After Dust (£14.99), so it looks a little worn in. This isn't about creating bedhead, just about adding a little guts. You still need a luxe finish.

“I then gave Alma's hair an extra kick by running a large tong [Reed used Ghd Curve Soft Curl Tong, £100] down the hair three or four times to get a subtle wave (you don't want a curl). The heat smooths the hair, giving shine. But don't make it too perfect, you absolutely don't want that stiff, laboured look.”

Get the Look

1 Pull the hair on top of your head, leaving it a little loose around the hairline. Use a hook band to make a tight, secure ponytail.

2 Tie the hair in a knot, looping it around and pushing it up through the middle. If your hair is shorter, wrap it around the band. Secure the style with hair pins, pushing them through the topknot and under the band to anchor the knot.

3 Place an accessory near the knot, where its placement doesn't look too carefully considered. The accessory can be a brooch, a necklace – I've just done a style with buttons – experiment.

TIP: Spray the accessory with hairspray – it will give a bit of tackiness, so it will dry firm into the hair and have more hold. »

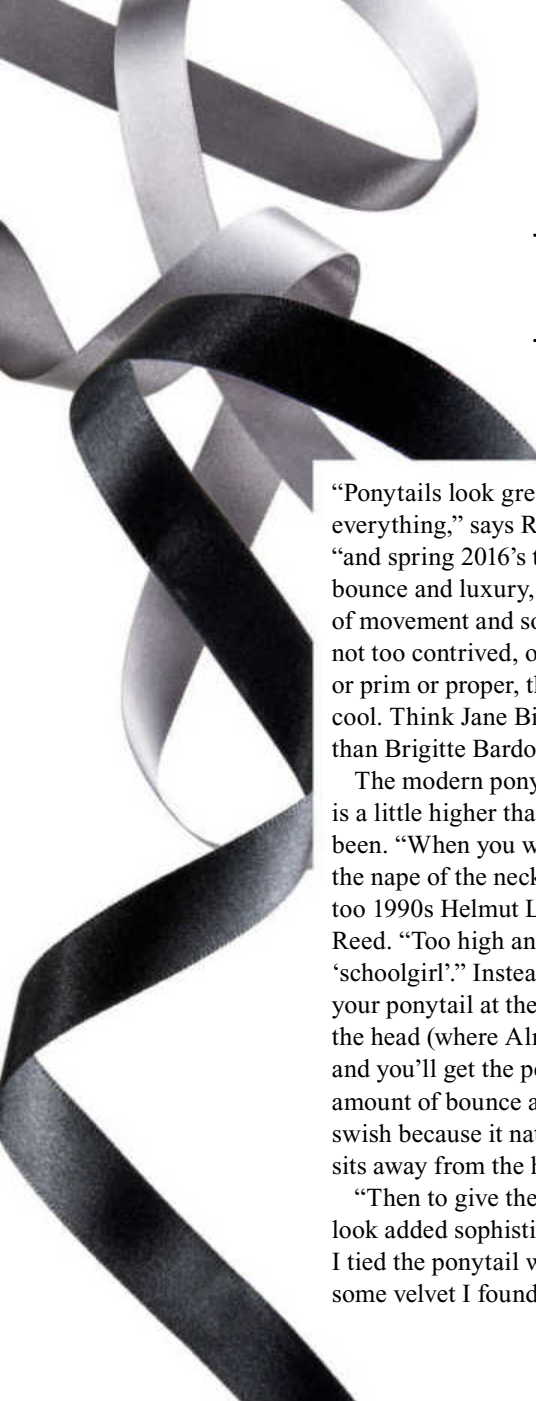


Brass hair clips,
£75 for two, Rosantica

Crystal barrette,
£15, Accessorize

Model wears: Dress, Chloé; Necklace, Kimberly McDonald
at Browns; Ear cuff and hair comb, both Rosantica

“Don’t be
scared to try
new styles –
practice makes
perfect,” says
Adam Reed



A PRETTY PONYTAIL

“Ponytails look great with everything,” says Reed, “and spring 2016’s take has bounce and luxury, with lots of movement and softness. It’s not too contrived, overdressed or prim or proper, though. It’s cool. Think Jane Birkin rather than Brigitte Bardot.”

The modern pony position is a little higher than it has been. “When you wear it at the nape of the neck, it looks too 1990s Helmut Lang,” says Reed. “Too high and it’s ‘schoolgirl’.” Instead, position your ponytail at the curve of the head (where Alma’s is), and you’ll get the perfect amount of bounce and swish because it naturally sits away from the head.

“Then to give the whole look added sophistication, I tied the ponytail with some velvet I found at

a haberdashery,” says Reed. “I used thin ribbon because it’s essential it doesn’t look too childlike or contrived.”

Get the Look

1 Gather your hair into a pony. Take some thin, round elastic (from a haberdashery store) and wrap it around the hair, taking it round and round until the section of hair that’s covered by the elastic is around an inch long. Tie in a small knot. This means the ponytail sits away from the head, giving it extra bounce.

2 I used L’Oréal Professionnel Tecni Art Morning After Dust (£14.99) to give the hair height, rather than backcombing.

3 I tied the velvet ribbon into a long, loose bow. It’s important this doesn’t feel too laboured – and essential it’s not a big fat 1980s-style bow!

IT’S ALL IN THE PREP

Shiny, voluminous, healthy hair is your style’s starting point. Here’s how to get it...

“The prep is the same for all three of these looks,” says Reed. “You want to get the hair luxe, healthy and glossy. That’s absolutely key. You want to look effortless – but not lazy.”

“You need to give yourself a great blow-dry,” he continues. “On Red’s model, Alma, I sprayed my favourite backstage product, L’Oréal Professionnel Tecni Art Pli Shaper (£13.49), onto her towel-dried hair to add volume, movement, shine, definition and hold.”

“I sectioned the hair and then wrapped it around a big round brush (we like Kent’s LBR2; £24), pulling it through to give volume at the roots and seal the cuticles of the hair. This achieves a luxe-y gloss. It’s really important that the texture and hold is achieved in prep. It’s not about loading on finishing products after you’ve created the style.” >>





Top, Zimmermann. Earrings, Astley Clarke.
Ribbon, VV Rouleaux

A PERFECTLY IMPERFECT PLAIT

“After lots of really complex, tight plaits in previous seasons, this spring’s braids have zero severity,” says Reed.

“This version on Alma is slightly undone. It’s got casualness about it – like someone did it during a boring assembly at school.

“There are no rules on where to put your parting, but avoid the middle – it looks too strict. And don’t worry about flyaways, the halo is part of the character. That said, your hair should always look luxe and healthy.”

Get the Look

1 Part the hair and pull it together at the nape of the neck. Pull it around to one side and plait.

2 To keep the look ultra-casual, don’t use elastic to secure it, just backcomb that bit of hair. This isn’t a long-lasting solution – it won’t last long on a night out – so use a nude snag-free hair band for a bit more security.

3 Give your hair on the crown a massage with your fingertips to encourage a bit of height and the appropriate level of dishevelment. »



Dress, Calvin Klein. Ear cuff, Astley Clarke. Earring, Carolina Bucci

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Jennifer Behr

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**Elastic hair
bands**, £4, Cos

Velvet ribbon,
from a selection
VV Rouleaux

**L'Oréal
Professionnel
Tecni Art
Morning After
Dust**, £14.99

**Percy & Reed Super Soft
Shampoo**, £18; Conditioner, £20

**L'Oréal
Professionnel
Tecni Art Pli
Shaper**, £13.49

**Kent LBR2
brush**, £24

**Ghd Curve Soft
Curl Tong**, £100

**Snagless
hairbands**, £6.50,
Hershesons

**Gold-plated hair
band**, £151,
Amber Sceats

**Metal and crystal hair
band**, £725, Miu Miu

**More hair-styling ideas
at REDONLINE.CO.UK**

**Bungee
elastics**, £3.99
for five, Scunci
at Superdrug

**Metal elastic
hairband**, £14,
J Crew

**Crystal and metal
hair clip**, around £117,
Jennifer Behr

Model: Alma Jodorowsky, Lancôme ambassador. Hair: Adam Reed at Percy & Reed. Make-up: Alex Babisky at Jed Root, using Lancôme Make-up and Skincare. Creative director: Nicola Rose. Styling: Lauren T. Franks. Stylist's assistant: Rebecca Hull. Additional photographs: Andrea Adriani, Matteo Volta, Imaxtree



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HAIR SPECIAL

MY HAIR STORY

Three women take us through the evolution of their signature style and what it means to them

Linda Rodin, 68

THE FASHION STYLIST AND BEAUTY ENTREPRENEUR ON HAVING HAIR THAT'S A WHITER SHADE OF PALE

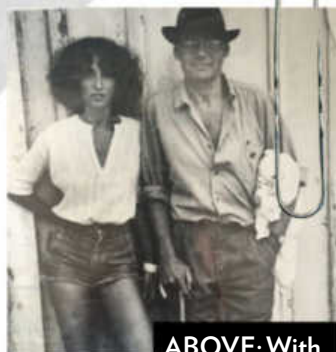
I began going grey in my late twenties. My friends and I used to henna our hair and one day I realised it had a strange cast to it. The henna had turned the greys pink! I haven't dyed it since. Dyeing grey hair doesn't ever look natural to me.

The one thing about grey hair is that it can go yellow and dull, which isn't so nice. I've used special tinted shampoos for years to keep mine bright. Right now, I like Aveda's Blue Malva (2 & 3). When my hair is dry – which happens as you get older, everything dries out – I use my Olio Lusso Hair Oil (1) to tame it. That's all I do to it, other than pulling it back into a bun or a braid. Who says you have to cut your hair short as you age? You need a bit of softness. Plus, I love the ease of long hair. I just pull it away from my face and it's tidy.

I haven't been for a haircut in 15 years. I cut it myself – I put it in a ponytail and slice off the ends with scissors. I take an inch off every few months.

When we were younger, both my sister and I hated our hair. My mother had the most beautiful, wavy, gorgeous hair, but my sister and I never got that. We inherited our father's naturally curly hair and from the age of about 15, we absolutely tortured it. We wanted long, perfectly straight hair like Cher, so we'd relax it, straighten it, pour beer on it. One time, we even ironed it on an ironing board. Like a shirt! Can you imagine? Which is why I laugh so much nowadays when people tell me my hair's beautiful. That's irony for you. I stopped doing all that stuff to my hair after 40. It's just not good for it.

People ask me if my big glasses, grey hair and bright lipstick are a trademark, but it just happened. I started wearing glasses as I couldn't see. I went fully grey at 35. I may work in fashion, but I'm not interested in trends now. I know what suits me, so I don't waver. It's freeing. »



ABOVE: With photographer Gosta Peterson in 1977 RIGHT: In Florence, Italy, 1970



LEFT: Linda now in New York



Linda's hair loves

① Rodin by Recine Olio Lusso Hair Oil, £52

② Aveda Blue Malva Conditioner, £31

③ Aveda Blue Malva Shampoo, £31





Hannah Azieb Pool, 41

THE WRITER ON LEARNING TO LOVE HER AFRO HAIR - NO MATTER HOW SHE WEARS IT

Growing up black in a white society in the 1980s, I learned that my Afro hair in its natural state was not seen as beautiful.

"Fuzzy, messy, knotty, ugly,"

were just some of the playground taunts directed at my curls. Said once or twice, they might be brushed off, but heard constantly and interchangeably with other racist insults, it wasn't long before I started to hate my hair for how easily it made me a target of bullies.

As well as fantasising about having long, straight hair, I would beg my dad to let me 'relax' or straighten it with chemicals and whine at him for ruining my life when he refused. I spent so much time hating my hair, and by extension myself.

Why couldn't I see how fabulous my Afro looked? Why did it take me so long to understand that it was sexism that made me want to be considered 'pretty', and racism that defined pretty as equal to white? In secondary school, I'd saturate my hair with gel each morning and tie it back. By lunchtime, the gel would be hard and flaky, so I'd wet my hair to 'refresh' the look - I spent a large chunk of my teens with a damp, sore head. The one hair highlight I remember was when a black friend took me to the market under Manchester's Arndale centre and introduced me to American-Afro hair brands with images of black people on the bottles and radical-sounding names like Sta-Sof-Fro and Sofn'Free. Until then I'd been trying to use products I found in my local chemist.

Magazines never showed girls with my hair and hairdressers either refused to cut it or hacked at it like it was a hedgerow. Finding products designed for my hair was a turning point, suddenly I felt visible. By the time I was old enough to relax my own hair, I went for a texturiser rather than a full relaxer, which meant my hair was still curly, but it finally hung down to my shoulders. Having achieved the long, 'feminine' hair I'd always wanted, I discovered it didn't match the person I'd become. In my final year of university I did what black hair bloggers call The Big Chop and went from long curls to a skinhead in five minutes. I loved how liberated I felt and how my new look shocked people.

Five years later, by now missing my curls, I decided to grow my hair back. This time the Afro was my choice. You still can't buy Afro hair products in most chemists,



CLOCKWISE, FROM LEFT: At school in the 1980s; in the late 1990s; in sixth form, 1991

and big salons can get away without being able to do Afro hair, but thanks to the incredible community of black hair bloggers and vloggers, having natural Afro hair is much easier.

“

I spent so much time hating my HAIR. Why couldn't I see how fabulous it LOOKED?

”

Over the last decade, I've kept my hair natural but changed style countless times. I went through a brief blow-dry phase, giving me the straight hair I dreamed about for all those years, but all that heat made my hair break. In the past few years, I've alternated between an Afro and two-strand twists (similar to braids), adding colour with synthetic extensions. A few weeks ago, I asked my hairdresser to cut off most of my hair - I'd started to feel weighed down by its length.

I left the salon feeling high but vulnerable. It's been decades since I've

had so little hair. Judging by other people's reactions, it's still taboo for black women to wear their hair short and natural. But it doesn't matter, as I've finally realised it's no one's business but my own. »

Fashion Cities Africa edited by Hannah Azieb Pool (Intellect Books, £20; out in April)

Hannah's hair kit

- 1 Keracare Natural Textures Defining Custard, £6.95
- 2 Aveda Dry Remedy Moisturising Conditioner, £24.50
- 3 Aveda Be Curly Curl Enhancer, £19.50





Official haircare partner of:

BRITAIN'S NEXT
top model

Good models have
the look...



**MODELS
USE THEIR
HEAD
& SHOULDERS**



Gizzi's classic look is inspired by her love of 1950s and 1960s music

Gizzi Erskine, 36

FOR THE FOOD WRITER AND CHEF, A BEEHIVE IS NOT JUST A HAIRSTYLE, IT'S A WAY OF LIFE

When I started my career, people thought my beehive was about wanting to be a 1950s-style housewife. But it's to do with my love of music.

When I was 19 and into punk I had a mohawk.

At 25, I fell in love with 1950s and 1960s music and that's when my beehive happened. It's a little bit Audrey Hepburn, with a rock 'n' roll edge. My beehive also makes my

hair look lovely and thick when actually it's quite fine.

My look may seem high maintenance but it's not. I do

“

It's a little bit AUDREY HEPBURN, with a rock 'n' roll edge

”

it in five minutes. It's perfect if your hair's slightly dirty as it gives a bit of grip. Or spritz in thickening spray. Tigi's Bed Head Superstar Queen For A Day (3) is good.

I backcomb my hair, pin it at the back of my head, spray on hairspray – L'Oréal Elnett (1) is a classic – then smooth a layer over the top to neaten. I've done a YouTube guide with [beauty journalist] Sali Hughes.

I used to brush my beehive out but

that can damage it, so now I use a conditioner like L'Oréal Elvive Fibrology to help the knots slip out (2). The only stylist I trust is Sami Knight. He has amazing style. I'd always envied [model] Felicity Hayward's beehive so I got her to hook me up with him and he's now my best friend.

For a long time I thought my beehive was super-important to my look and my brand. But I'm now experimenting with other styles, like a Bardot ponytail with a bow. VV Rouleaux in London's Marylebone has lovely ribbon. I also pick up antique accessories – Vintage Emporium in Bournemouth is great. I've toyed with a Peggy Moffitt-style cut, but everyone has said not to. Whatever I do, it'll be retro.

Gizzi's essentials

- 1 L'Oréal Elnett, £6.70
- 2 L'Oréal Elvive Fibrology, £3.99
- 3 Tigi Bed Head Superstar Queen For A Day Thickening Spray, £11.60



HAIR DILEMMAS SOLVED

FLAKY SCALPS

“Nothing restores order to a flaky scalp faster than Head & Shoulders (£4.99), but it can be very drying, so I treat my hair to a minute with lots of conditioner first.”

Annabel Meggeson, Red's beauty director

THINNING HAIR

“Minoxidil is prescribed for hereditary hair loss, but can work for age-related thinning, too. Try it in Regaine Once A Day (£34.95) – a treatment foam with 5% minoxidil that you can pick up in Boots.”

Dr Jennifer Jones, specialist scalp dermatologist



SENSITIVITY

“My scalp gets tight and irritated when I'm stressed. When it happens, I stop using styling products, especially ones with alcohol or perfume, above the mid-length of my hair and swap my regular shampoo for Kérastase Specifique Dermo-Calm Bain Vital (£12.50) until the sensitivity goes down.”

James Galvin, hairdresser

GREASY ROOTS

“Go gently – stripping oil with a strong shampoo can make things worse. Do a double cleanse with Pureology Purify Shampoo (£11.10) to get rid of product build-up and gently clean your scalp. Keep styling products to a minimum – sometimes greasiness is actually product overload – and consider highlights around your face. The bleach dries your hair out, so it absorbs more oil. On bad days, a topknot is useful as it hides your parting, which is where grease is most obvious.”

George Northwood, A-list stylist



OVER-PROCESSED ENDS

“A protein-rich conditioner is your best ally. Use L'Oréal Professionnel Série Expert Absolut Repair Lipidium Conditioner (£9.20) to stop breakage and put elasticity back. A pre-shampoo treatment with Percy & Reed Hair's Best Friend Totally Intensive Treatment Oil+ (£24) will re-moisturise. Be patient – it can take up to a year for damaged ends to grow out. Sometimes there's nothing for it but to get them chopped off.”

Adam Reed, hairstylist



Discover our all-time favourite hair icons at REDONLINE.CO.UK



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BRITAIN'S NEXT
top model

Great models also
use their head...



**MODELS
USE THEIR
HEAD
& SHOULDERS**



Try a smoothing treatment

Colouring is great for adding oomph – a few highlights can give the illusion of depth and the peroxide swells

each strand, so it feels thicker. But bleach can leave hair prone to breakage. A-list colourist Nicola Clarke has started using Olaplex treatments (£50 at John Frieda salons) on clients between colouring and is impressed. “It repairs the chemical bonds broken by peroxide, leaving hair healthier and more resilient,” she says.

DON'T SKIP THE SHAMPOO

We love dry shampoo days, but cleansing is key to getting luscious lengths. “Oils left on your scalp for days can go rancid, clogging pores and restricting hair growth,” says trichologist Anabel Kingsley. She suggests using a gentle shampoo designed to maintain a balanced scalp every day, rather than stripping your scalp every few days with a deep cleansing shampoo. We like Bumble and Bumble Full Potential Hair Preserving Shampoo (£23) and Aveda Invati Exfoliating Shampoo (£22).

Pop a pill

A supplement can make all the difference when it comes to having longer, stronger hair. “I’d say 90% of the clients that come to our clinic with hair-loss problems are iron deficient,” says Kingsley. She recommends Philip Kingsley Tricho Complex (£45), which contains ferritin, a type of iron that’s essential for hair production. Meanwhile, top stylist Adam Reed has seen great results in clients taking Viviscal Maximum Strength Hair Growth Supplements (£49.95), which contain biotin, a type of B vitamin that helps build protein. “Their hair just feels thicker,” he says.

HAIR SPECIAL

STRONGER, THICKER, FULLER

Hair insiders share their top tricks for locks that go to greater lengths

Words KIMPARKER

DITCH THE CRASH DIET

Follicles need energy to make healthy hair, so low-calorie diets can mean slower growth and weaker strands. “Plus, studies show a diet too low in fat can affect scalp health, which can lead to fall-out,” says Kingsley. She suggests eating protein-rich foods like eggs, fish and poultry, to build keratin in hair fibres. So all those eggs and avocado on toast on Instagram? “That’s perfect hair food,” she says.

DO THIS STYLING TRICK

Great news – being lazier with your hairdryer is helpful when it comes to getting gutsier hair. “Blow-drying hair perfectly smooth takes ages and makes hair look thinner by flattening its cuticles,” says hair stylist and Kérastase ambassador James Galvin. Texture equals thickness, so try rough-drying with your hands and just smoothing the top layer for shine. “This saves time, adds body and looks really modern,” says Galvin.

Elisabetta Franchi S1516

YOUR THICKER HAIR KIT



Tresemmé Beauty-Full Volume Mousse, £5.50
Adds volume and waves to stick-straight hair.



Charles Worthington Thicker & Fuller Shampoo, £6.99
Strengthens hair with vitamin E to stop breakage.



Davines Your Hair Assistant Blowdry Primer, £24.80
Spritz into hair before blow-drying for humidity-defying body.



Kérastase Densifique Fondant Densite, £20.90
Plumps fine strands with hyaluronic acid.



L'Oréal Serioxyl Thicker Hair Serum, £25
Banishes frizz without leaving hair lank.



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top model

That's why Britain's
Next Top Models use
their Head & Shoulders
for up to 100% flake
free gorgeous hair



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USE THEIR
HEAD
& SHOULDERS**



OILY ROOTS
& DRY ENDS

**BREAK
THE CYCLE**

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*Consumer test using shampoo
+ conditioner on 167 women

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L'ORÉAL PARIS

Lara Stone



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Topshop Everything Sticks in Thrill Seeker (above) and Defiant (right), £10
These innovative sticks look great on eyes, lips, cheeks. Well... anywhere.

Givenchy Le Vernis in Rose Divin, £16.50
For a polished, clean and pulled together look.

Clarins Rouge Eclat in Rose Praline, £19.50
Surprisingly flattering peachy pink lip shade.

COLOUR TREND

THE NEW ROMANTICS

Bobbi Brown Long-Wear Gel Sparkle Shadow + Liner in Silver Heather, £21
Sweep over lids for subtle definition and prettiness.

Fall in love with spring's pretty, pared-back shades. Advanced formulas mean they're more sheer and wearable than ever, and highly flattering, too. Looking naturally beautiful has never been easier

Marian Newman, catwalk nail artist: "Nude is never out. It's always chic and always polished. It doesn't have to be concealer or flesh coloured, one of the biggest trends for S/S 16 is actually a wet, shiny nail, which is basically three coats of top coat for a Perspex-like shine."

Nails Inc Top Coat with Kensington Caviar, £15
Layer over nude polish for a high-shine effect.

Laura Mercier Infusion De Rose Nourishing Lip Balm, £19.50
Delivers a luxe-y lip-plumping sheen.

Revlon Ultra HD Lip Lacquer in Smoky Topaz, £7.99
A non-sticky, rosy gloss that can be layered easily.

Dior Diorskin Nude Air Glowing Gardens Illuminating Powder in Glowing Pink, £40
Brush over cheekbones and along the nose to give the face structure and warmth.

Terry Barber, MAC director of make-up artistry: "The most important thing for S/S 16 is 'glow'. Use skincare – balms, oils and gels – to achieve the ultimate flattering highlights."

For more best beauty buys, go to REDONLINE.CO.UK

YSL Face Palette in Gypsy Opale, £42.50
Swirl a blusher brush over this suits-all powder for warm radiance.

Kiko Creamy Colour Comfort Lip Liner in 301, £4.90
Get a fuller pout fast with this fluid lip liner.

Guerlain Météorites Base, Perfecting Pearls, £46
Amp up the dewiness with this new base. Gives glowy skin with perfect shimmer levels (AKA barely any).



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PHILIPS

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INSIDER TIPS

5

FRESH SKIN

secrets

A few easy tweaks to your existing skincare routine will reward you with stronger, more radiant skin for spring. Kim Parker tells you how



1

DOUBLE UP YOUR BLUSH

Nothing perks up your skin faster than a sweep of blush. Trouble is, nothing slips off your skin faster. For a complexion pep that lasts, layer one of spring's new gel formulas onto the apples of your cheeks straight after skincare, then apply your usual base and blusher on top. The gel adheres better to

bare skin than it does to foundation and will help the rest of your blusher stay the day. Bourjois 12hr Aqua Blush in Inge-nude (£9, 1), Givenchy Mister Radiant Blush (£25, 3), and YSL Beauty Fusion Ink Blush in Pink Attraction (£35, 2), all provide a healthy, natural flush. PS. Second-layer-wise, powder lasts longer, but to get the healthier, more natural look of a cream, start very, very sheer and build up with care. >>



2

FUTURE-PROOF YOUR COMPLEXION

We know pollution and photo-ageing are two of our skin's worst enemies, but other than washing our face and wearing sunscreen, how can we defend ourselves? Adding Origins By All Greens (£28, 4) to your routine is a great start. The gentle foaming cleanser creates a cushiony cloud when water is added and is proven to remove even the tiniest pollution particles (known as polycyclic aromatic hydrocarbons), which you can practically feel being fizzed away.

On top of that, a weekly treatment, such as Kiehl's free-radical fighting Cilantro & Orange Extract Pollutant Defending Masque (£28, 6) can really help. And if you're tempted to skip SPF because it feels too dutiful with UV levels still fairly low, Philosophy's Ultimate Miracle Worker Multi-Rejuvenating Cream SPF25 (£53, 5) is a day moisturiser with sophisticated, lightweight filters that protect against all types of photo-ageing.



Cristiano Barani 5/516



3 Add more actives

If you don't use a serum – not everyone does – it's worth trying one of the new treatment essences, inspired by Asian skincare products. "They're as easy to apply as water and deliver a host of goodies, such as brightening enzymes, micronutrients or moisturising hyaluronic acid," says Kathy Phillips, This Works skincare founder. They leave skin plumped and primed for the rest of your skincare. Keep it by your shower and press a few drops onto skin as you step out – no need to be neat. We like Estée Lauder Micro Essence Skin Activating Treatment Lotion (£48, 7), Trilogy Hydra-Tone Softening Lotion (£19.50, 8), or This Works No Wrinkles Wonder Essence (£24, 9).



5 GEN UP ON NIACINAMIDE

Like retinol, niacinamide's been quietly anti-ageing our skin for years – it's one of the few ingredients that dermatologists really rate for its brightening powers. But new research that emerged at the end of last year suggests we'll be hearing a lot more about this skincare treasure. It turns out that as well as fading age spots, niacinamide can help smooth wrinkles, regulate oil production and strengthen delicate skin barriers, so it's a great anti-ager for all skin types. If you're in the market for a new moisturiser, try Olay Total Effects 7 In One Feather Weight Moisturiser (£14.99, 12), or SkinCeuticals Metacell Renewal B3 moisturiser (£96, 13), which both contain the multi-tasking active at 5% – the level experts say is most effective. ■



4

INVEST IN A GADGET

Who needs another beauty appliance? Not us, though we will make an exception for the new wave of facial massagers, including Clinique's Sonic System Massaging Treatment Applicator (£22, 11), which clips on top of the normal cleansing brush. The point is, they're not an onerous extra step or added hassle – they're just very easy to use in whatever spare time you have and with whatever oil or cream you already love. "I use mine with Clinique's Sculptwear Contouring Massage Cream Mask (£36, 10) and just run it over my face while I'm watching TV," says celebrity make-up artist Florrie White. "It's a brilliant way to give my skin a quick boost."



For more modern skincare advice, go to REDONLINE.CO.UK

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CS 096, £14

Chanel Sunkiss
Ribbon Blush
Harmony, £44

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instant
refresh?
THINK PINK...

UPDATE

Dolce & Gabbana The
Nail Lacquer in
Bacio, £20

GOOD BUY

Rimmel London's Hide
The Blemish concealer
(£4.29), celebrates its big 4-0.
Its blendable, natural-looking
formula means it's still
a staple in our
make-up bags.

BEAUTY NOTEBOOK



Gucci

BEAUTY EQUATION

Josh Wood's Guardian
Of Colour range has
ingenious customisable
products that use lapis
lazuli to dial up brilliance
and tone down brassiness.
Precious Blonde Shampoo,
Conditioning Treatment
and Conditioner,
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+

Tresemme's
revolutionary Beauty-
Full Volume Pre-Wash
Conditioner (£4.99)
which adds fullness and
bounce (apply this first)

=

**GWYNETH-
ESQUE HAIR**



BEAUTY INSIDER

by **ROSIE GREEN**



My most asked question? 'Are expensive
creams worth it?' First response: if
buying them means no money for kids'
shoes or bills, then don't. Instead follow
the five rules (use sunscreen, forgo
smoking, sleep well, eat smart and moisturise daily)
and your skin should be healthy and happy. But if
funds are available and you want to treat yourself,
there are benefits to a luxe product. 1) If it feels
precious, you will use it more diligently (the white
coats at beauty companies call this 'compliance'),
thus the results will be better. 2) Due to long hours
logged in research and development, the texture
is blissful and means other products and make-up
work alchemically to give good face. 3) Often, the
ingredients are more active and packaged properly
so they don't lose potency after the jar is opened.

So occasionally, when I'm eye-rolling at
the industry's most purse-depleting offerings,
I think of my two
aunts who are
old-school frugal,
but both of whom
have become
so addicted to
a fancy cream
I've given them,
they ask for it
for birthdays
and Christmases.

*This month
I have been...*

BLENDING Sisley's
creamy, flattering Phyto-
Eye Twist in Pearl (£29) on
cheek and brow bones;
LATHERING up with
Green and Spring Shower
& Bath Foam (£18);
DOUSING myself in
Aerin Mediterranean
Honeysuckle Eau de Parfum
Spray (£88 for 50ml)



Chloé
Signature
EDT, £30

Chloé
Signature
EDP, £35

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¹Cetraben Cream patient preference study, Sept 2013

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Living

Edited by PIP McCORMAC

IN THE *CLEAR*

Spring is when you pull back the curtains and let the sunshine in, both literally and metaphorically. It's when you start feeling lighter, more joyful – springy, in fact – with possibility. It's a time of year when clear glass just makes sense. Its unfussy gleam lets sunbeams shine through, making spaces seem spacious and rooms feel, well, roomy. Add only minimal stems for a very modern bouquet, the secret being in all that empty space. A breath of fresh air.

Glass vases,
from £22 each;
linen stems,
from £11 each,
all Neptune

For more flower-
arranging ideas, visit
REDONLINE.CO.UK

REAL HOME

WHERE THE HEART IS

Family living doesn't come at the cost of all style – well, not in Esther van de Paal's Amsterdam home. Follow her tricks and your house will feel just as well lived in as loved

Words ALICE PANTONY Photographs SARAH MARKILLIE

The walls of the living/dining room are painted in Flint by Little Greene. Find similar G Plan furniture from Pamono.co.uk



Esther with her four children; and Casper's art wall, below



THE LOW-DOWN

WHO: Esther van de Paal, co-owner of Babyccinokids.com – a site full of shopping, decorating and crafting inspiration – her husband Tamar and their four children; Sara, 10, Pim, eight, Ava, five, and Casper, three.

WHERE: Amsterdam, Netherlands.

WHAT: A three-bedroom, three-storey house, built in 1952.

WHY: Having lived next door for seven years, Esther already loved the mid-century buildings lining the street. But this house “had more space for our big family and a decent sized garden, which the kids love. I instantly fell for the touches of Dutch architectural character, like the huge windows that let light flood in”.

RENOVATION BUDGET: £150,000

OF THE HOUSE, ESTHER SAYS:

“We added the third floor and moved the kitchen, which is small and traditional, to the back of the house to create a large L-shaped space for the lounge and office. This means the rooms flow nicely from one to another, which isn’t always something you think about when renovating.”

FIRST THING ESTHER DID:

Painted all the walls white, using Little Greene’s Flint. “It’s bright, clean and fresh.”

MONEY-SAVING MEASURES:

Much of the furniture is from thrift shops or found on the streets, like the former school sink in the bathroom. >>



FROM TOP: Twentytwentyone sells similar canteen chairs; the bathroom was kept simple “but I love the patterned floor”; Swoon Editions sell mid-century-style chairs





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CLOCKWISE, FROM LEFT: Ava's bedroom; children's favourites displayed on shelves make their rooms feel welcoming; quirky wallpaper from Made In Design



ESTHER'S DESIGN TIPS

● Making a home neat and chic can be tricky with a big family and a lot of children's toys, but you don't have to rely on having plenty of storage, or hiding play things away. Put up shelves in a child's bedroom and display their favourites – this will make the room feel welcoming, cheerful and, most importantly, theirs.

● Children's toys are almost always colourful, so keeping the walls of your kids' rooms white will allow you to be braver about leaving them out. Plain walls are like backdrops, and your family's cushions, accessories and toys can become injections of brightness, rather than feeling overwhelming.

● I find many of my second-hand pieces on Wednesday evenings, left out by owners to be taken by the local council on Thursdays, our recycling day. Find out if your neighbourhood does anything similar. The vintage vibe doesn't need to be pricey – far from it. »



FROM TOP: Much of the furniture is from thrift shops; toys add colour to a blank-canvas room; Pim, Ava and Sara; the Zig Zag chair is from Bonbon





Cotton cushion, £36, Ferm Living

Fine china mug, £10, Jane Foster at Make International



Wood dolls, £92 each, Vitra at Twentytwentyone

Chalk paint in Antibes Green, £6.45 for 100ml, Annie Sloan



Metal pendant light, £66, Holly's House



Unframed art print, £30, Molly & The Wolf

STEAL ESTHER'S STYLE



Wood table, £203, Heal's

Bear greetings card, £3.35, Hartford Prints at Papier



CONGRATS LAURA

Porcelain flower pot, £48, Unique & Unity



Esther's home office where clutter is kept ordered



Upholstered polyester armchair, £750, Graham & Green



Wool rug, £89, Ferm Living



Wood cupboard, £395, Out There Interiors



Linen duvet cover, from £125, The Linen Works

Wood shelf, £71.30, Smallable

Woven cotton wall decoration, £23.50, Smallable



For more on how to style a family living room, go to REDONLINE.CO.UK

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Aluminium pendant light, £390, Louis Poulsen at Skandium

SPRING TRENDS

DRESS UP YOUR HOME FOR SPRING

A new palette. A new neutral. A new mood. These are the catwalk trends inspiring interior makeovers – new colour combinations that feel right at home. From paint to plates, we've got all the updates here

Giambattista Valli S/S16

Gucci S/S16

Porcelain votive, £15, Bloomingville

NATURAL GREENS

All-white living rooms are starting to feel a little safe and kitchens in woods and creams too countrified to be cool. So here comes green, lifting natural tones in a colourful way that won't clash. Full of zest yet calming, it's organically, softly pretty.



Topshop Unique S/S16

Claypaint in Sunday Stroll, £35, Earthborn



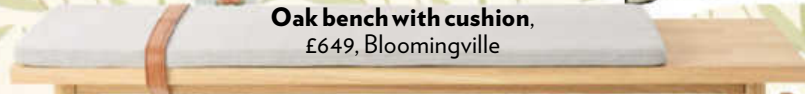
Willow Leaf Hedgerow wallpaper, £40 per roll, Laura Ashley

Polyester chair, £65, Atlantic Shopping

Polyester cushion, £56.60, Broste Copenhagen



Cement resin table, £150, Habitat



Oak bench with cushion, £649, Bloomingville



Zinc wall-mounted plant frame, £80, Cox & Cox



Large concrete vase, £35; **small concrete vase**, £15, both Future & Found



Ceramic hanging plant pot, £13, Mia Fleur

URBAN TRAVELLER

The globalisation of culture has seeped into design – and we're inspired as much by what's returning from the high seas as what's on our high streets. The key is sophistication, with brocade and embroidery the stars of the show. Start with Moroccan-inspired hues like burnt orange and fuchsia, underpinned with flecks of gold.



Silk cushion, £400,
Ralph Lauren Home

Palemon in Dunkel Blue/Green wallpaper, £15 per roll,
Graham & Brown

Iron pendant light, £145,
Rockett St George

Brass floor lamp,
£392, Rowen & Wren

Wood and bespoke fabric chair,
made to order,
A Rum Fellow



Aluminium boxes, £145 for
set of three,
Liv Interior

Glass and metal lantern, £20,
Sainsbury's

Cotton, and linen-blend footstool, £279,
Marks & Spencer

Zinc and copper flowerpot stand,
£67.20, Broste Copenhagen

Melamine plate,
£4, Marks & Spencer

Wood and bespoke fabric armchair,
made to order,
A Rum Fellow

Ceramic and metal vase, £35,
House of Fraser

Handwoven wool cushion, £35.27,
We Knit Color at Etsy

Terracotta bowl,
£25, Habitat

Cotton rug, £299,
The French Bedroom Company

Brass armadillo, £30;
brass elk, £25, both
House Of Fraser >>

Steel and paper shade, £40, BHS

Wool rug, £449, West Elm

Linen cushion, £95, Liberty

Paint in Blue Suede Shoe, £19.50 for 2.5l, Laurence Llewelyn-Bowen for Graham & Brown

Ceramic bowl, £5, Oliver Bonas

Ceramic jug, £12.90, Liv Interior

KINGFISHER

The Mediterranean simplicity of blue and white was big two years ago, a moment of cool that spoke of warmer climes. But adding this hit of yellow has enhanced blue's mood-boosting quality, evoking summer days, picnics by the lake, the joyful flight of the just-as-tonal kingfisher. Think accents, colour blocking and chunky shapes, the playful edge of Pilotto's S/S 16 collection created by pairing graphic prints. A ray of sun for the soul.

Embossed card notebook, £12.99, Sloane Stationery at Amara

Porcelain bowls, £10 for three, Kikki-k

Cotton cushion cover, £4.99, H&M

Glass vase, £18, Debenhams

Oak and wool chair, £349, Swoon Editions

Stoneware platter, £24, West Elm

Find out how to style these trends into real homes at REDONLINE.CO.UK

Stoneware stackable bowls, £87 for three, Hokan Bowls

Beach towel, £70, Ralph Lauren Home

Wood table, £250, Future & Found

Ceramic vase, £40, Habitat

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Spring *awakenings*

The key pieces to fall in love with as the seasons change, chosen by the Red fashion team

Style-wise, it's time to start thinking about the new season. While the skies might still be looking a little grey, there's plenty to covet in Phase Eight's fresh spring collections – whether you want to revamp your work wardrobe or simply turn heads as the weather turns warmer. Think modern cuts, pretty prints and feel-good fabrics. Tempted? Invest in one of these key pieces now – and treasure them forever. Shop at phase-eight.com.



Top, £39;
trousers, £69

Style tip

When the sun comes out pop a pedicured toe into these heeled sandals. A brilliant way to smarten up a summery white dress



Shoes,
£89

Top,
£59



Coat,
£79



Dress,
£65

HERO BUY

Introducing this season's scene-stealer: the dreamy-but-versatile spring shirt dress

Its sky-blue hue makes it

the perfect item to inspire the new season, whether it's worn with flats for a chic office look, or look-at-me heels for a special occasion. Team with bare legs and a slick of red lipstick for added wow factor. A spring/summer staple to covet.



Necklace,
£29



Dress,
£169



White hot

Invest in a quality white T-shirt to wear with tapered trousers. This check version is a cult classic with a modern twist

RED READER OFFER

Thinking about investing in a new-season look? Now is the perfect time to take advantage of an exclusive 20% Phase Eight discount for all Red readers. Shop in store or visit phase-eight.com using the code **RedSS16** to get shopping.

Phase Eight

Resin, gold leaf and ostrich feather lamp, price on request, A Modern Grand Tour

HOME UPDATES

Ceramic bowl, £240, SCP

Ceramic ornaments, £29.50 for pair, India Jane

Marble and metal table lamp, £795, Jonathan Adler at Pad Lifestyle

AND JUST ADD JOY...

It's not the big statements – or even statement walls – that make a house a home, but the little things that really matter, says interior designer Jo Berryman

Roses wallpaper in Pink On Oyster, £190 per metre, Bennison Fabrics



For me, a wall is a wall, even after you've spent hours choosing the perfect paint or plaster finish.

Beautiful, yes, but just a wall, joyless until ceramics, fabrics, papers, art and more are brought out to haphazardly perch, hang, drape and scatter. The bits that make your home what it is – who you are. I'm an unapologetic collector of this emotional bric-a-brac, the 'museum of me'.

You see, when you decorate a home as a real person, for real life, it's accessories that are key. Womb rooms – what I call the spaces filled with personal fripperies – become a place of nurture and cosiness.

To work with all this clutter, avoid the tendency to cluster symmetrically, and instead group things based on scale. Small things together, tall things together. And plain walls aren't the only solution, Porter Teleo's ink blots or Bennison's roses

truly sing – a backdrop of colour that shows intent to really live here.

Rows of shelving allow you to display cherished pieces and shuffle arrangements, which keeps the space alive. Static homes are dull ones. Opt for an overspill of vines or a bucket full of hydrangeas as a centrepiece on a weathered wooden table. Prop a trio of Pierre Williams' figurines on wall-mounted plinths to add drama without losing

floor space. Showstopper lighting is essential; my current obsession is an ostrich feather lamp – natural plumes diffuse a wash of flattering light, #nofilter required.

So remember this next time you're agonising over paint shades. Colour is just a shell for the bits that really matter. Like so many things, it's what's inside that counts. ■

Five easy tips to enliven a space

- Regular clear-outs. Throw out anything that doesn't bring you joy. This makes space for more cherished acquisitions.
- Rearrange books on shelves, art and furniture. Lose attachment to the positions of things.
- Accessorise. Cushions, throws and rugs are a cost- and time-effective way to lift a tired scheme.
- Scale play. I like bold patterns in tight spaces and tiny embellishments in grand spaces.
- Designate a dirt wall. In a family home there's no space for perfection. We do handstands on ours.

Pheasant feathers, £7.99 for a pack of five, The Feather Factory

Hand-painted ink blot wall covering, price on request, Porter Teleo

Velvet armchair, £1,250, Graham & Green

Satin and cotton cushion, £72, Rockett St George

Linen throw, £122.50, Holly's House

Ceramic sculpture, £425, Pierre Williams Ceramic Art

For the high street's newest accessories, go to REDONLINE.CO.UK

Wood and glass dome, £49.95, Nkuku at Amara

Matt acrylic emulsion in Turquoise Sombre, £20, Emery Et Cie

Wood dining table, £2,200, The French House

MARINA O'LOUGHLIN

OF ALL THE RESTAURANTS, *in all* THE WORLD

Food critic Marina O'Loughlin has eaten almost every dish there is. And now, for the first time, she presents her favourite six – the secret recipes begged from the kitchens, especially for you

Photographs LAURA EDWARDS Food styling ANNIE RIGG Props TABITHA HAWKINS

I've always loved restaurants. On trips to London as a teenager, I'd fight the pal who wanted to go clubbing, because I simply couldn't understand the appeal of a night out that didn't include sitting down at a table in anticipation of dinner. This hasn't changed. Being *The Guardian's* restaurant reviewer (which is, to my mind, The Best Job In The World), I often get to pore over menus, each time experiencing that small, real thrill that a new list of dishes delivers.

What I order depends on my mood: am I in an oozy, beefy burger frame of mind? Or pining for a bright, fragrant salad? There are some dishes that transcend my whims, however, ones I love unreservedly and come back to time and again. Some marry innovation with sheer, grab-you-by-the-lapels deliciousness. Some, like José Pizarro's exquisite croquetas, are already classics. But in each case, I'd never tire of eating them. These are they, gathered here for the first time for you to enjoy at home. I hope you like them as much as I do.

PIDGIN'S SQUASH SPAGHETTI WITH BROWN BUTTER AND DUKKAH

Chef Elizabeth Allen has found the perfect home for her remarkable talents here at this tiny east London restaurant. If I'd seen this on a menu I doubt I'd have ordered it (apart from anything else, I mistook it for the dreaded spaghetti squash), but it turned out to be one of the most ravishing things I've eaten: buttery, nutty, just crunchy, entirely gorgeous. *Pidgin*, 52 Wilton Way, London E8 (pidginlondon.com)

SERVES: 4

PREPARATION TIME:

30 minutes

COOKING TIME: 35 minutes

- 1 butternut squash, around 1kg
- Olive oil
- 4 garlic cloves, peeled
- 300g salted butter
- 30g fresh tarragon, chopped

For the dukkah:

- Sunflower oil

- 20g black rice
- 20g black sesame seeds
- 10g coriander seeds, toasted and ground
- 10g cumin seeds, toasted and ground
- Mustard frills (or other micro herbs)

1 Preheat the oven to 160°C/gas mark 3. Peel the squash, slicing into two halves where it starts to become more bulbous. With a spiraliser or potato peeler, slice the top half into spaghetti-sized strings and set aside. Cut the remaining squash into chunks, spread them into a large roasting dish and toss in a glug of olive oil. Add the garlic cloves and roast in the oven for 30 minutes, until soft and tender.

2 Tip the roasted squash into a blender with 250g of the butter and blitz until smooth – you may want a stick blender. Season and set aside.

3 Fill a deep saucepan with sunflower oil, leaving around 5cm at the top of the pan and heat to 200°C, being very careful. Add the black rice, it will puff up immediately. Strain. Make sure you leave the oil somewhere >>



“
One of the most
RAVISHING things
I've eaten: buttery,
NUTTY, just
crunchy, entirely
GORGEOUS
”

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safe until it is completely cool. Add the rest of the dukkah ingredients to the rice and stir to mix well.

4 Melt the remaining 50g of butter in a good-sized pan until it begins to foam and turn brown. Add the strips of squash and cook for two minutes, until al dente. Add three tablespoons of water and cook for another minute before adding the tarragon, stirring, and removing from the heat.

5 To serve, heat the squash purée with a little butter in a pan, and divide between four plates. Arrange the squash strips on top, then the dukkah rice. Finish with the micro herbs.



José's ham croquetas; and the restaurant, left

JOSÉ'S HAM CROQUETAS

It's rare for me to go to a Spanish restaurant and not order croquetas – the combination of crisp shell and oozing béchamel interior is bewitching. José's are the finest I've found. I'm on board for crab or Cabrales versions, but it's hard to beat the traditional jamon. *José Tapas Bar, 104 Bermondsey Street, London SE1 (josepizarro.com)*

MAKES: 15 to 20

PREPARATION TIME:

20 minutes, plus chilling time

COOKING TIME:

5 to 10 minutes

- 4 tbsp extra virgin olive oil, plus extra for frying
- 1/2 small leek, diced as small as possible – 3mm pieces
- 135g Ibérico or other air-dried ham, diced very small
- 135g plain flour
- 75ml ham or vegetable stock
- 325ml whole milk
- Freshly grated nutmeg

- 2 large free-range eggs, beaten

- 75g dried breadcrumbs

1 Heat the oil in a pan until it starts to simmer, then add the leek and sauté until soft but not coloured. Stir in the ham, fry for another minute, then stir in 60g of the flour and fry over a medium heat until the mixture is golden but not burnt. This will take around five minutes. It is important the flour is cooked properly otherwise the croquetas will taste of flour.

2 Combine the stock and milk in a small pan and heat until hot but not boiling. Season the liquid with a few scrapes of nutmeg. Gradually add the liquid to the roux, a few tablespoons at a time, stirring the mixture constantly. Once you have incorporated all the milk, continue to cook the sauce for about 10 minutes or until it thickens and leaves the sides of the pan when you stir it. At this stage, add a couple of turns of the pepper mill, taste the roux and add salt if necessary – the ham can be very salty to start with. The sauce is now done: it's got to be

really thick because you don't want the croquetas to turn into pancakes!

3 Smooth the mixture onto a baking tray (30cm x 20cm is fine) then cover with clingfilm to stop it drying out. Leave it to cool before putting it in the fridge for an hour.

4 When you are ready for the next stage, line up three bowls: one with the remaining 75g of flour, the other with beaten egg, and the third with the breadcrumbs. Take the ham mixture out of the fridge.

5 Dust your hands with flour and make a walnut-sized ball with the mixture by rolling it between your palms. Next dunk the croqueta into the flour, followed by the egg, then the breadcrumbs. When you've used all the mixture, put the croquetas in the fridge for 30 minutes.

6 If you have a deep fat fryer, heat the remaining oil to 175°C and fry the croquetas for a couple of minutes. If not, heat the oil in a frying pan until it starts to simmer, then add three or four croquetas at a time and fry until golden all over. »





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Brunswick House's
Cauliflower, pecan
and fennel; and the
restaurant, right

“

It all JUST WORKS...
especially the
kitchen's almost
PAINTERLY WAY
with vegetables

”



BRUNSWICK HOUSE'S CAULIFLOWER, PECAN AND FENNEL

This extraordinary restaurant defies categorisation – the curious location in the middle of the Vauxhall gyratory system, the eccentric decor, seemingly grabbed at random from the building's other tenant, a vast salvage company. But somehow it all just works: as does the creative and alluring food – especially the kitchen's almost painterly way with vegetables. *Brunswick House, 30 Wandsworth Road, London SW8 (brunswickhouse.co)*

SERVES: 4
PREPARATION TIME:
30 minutes
COOKING TIME: 30 minutes

- 1 large white cauliflower
- 500ml milk »

- 25g butter
- 500g pecans
- 150ml rapeseed oil
- 1 large purple cauliflower (or another white one if you can't find purple)
- 200g sugar
- 100ml white wine vinegar
- 2 tsp coriander seeds
- 2 tsp fennel seeds
- 1 romanesco
- Fennel fronds

1 Preheat the oven to 180°C/gas mark 4. Trim the leaves off the white cauliflower and snap it into florets, slicing them into thin shreds. Place them in a pan and cover with the milk, simmering over a low heat for 10 minutes. Transfer to a blender with the butter and blitz until smooth. Tip into a saucepan and wash the blender.

2 Spread the pecans on a baking sheet and place in the oven for 15 minutes until dark brown. Blitz in the blender, adding up to 100ml of the rapeseed oil in a steady stream until you have a glossy granular purée.

3 Trim the leaves and stalk from the purple cauliflower and break into florets. Slice thinly with a mandolin or sharp knife and tip into a bowl. Heat a pan with 300ml of water, the sugar, vinegar and seeds to a low simmer for five minutes, until the sugar dissolves. Pour this through a sieve into the bowl with the purple florets.

4 Trim the leaves and stalk from the romanesco and break into florets. Dress with the remaining rapeseed oil and toss into a hot griddle pan for five minutes to char. Heat the cauliflower purée before dividing it between four plates, swirling the pecan butter through each serving. Scatter over the pickled purple cauliflower and romanesco, topping with a handful of fennel fronds. Serve immediately.

BARRAFINA'S CHICKEN WINGS WITH MOJO PICÓN

Nabbing a chair at the counter of any of Barrafinas three outlets never ceases to fill me with joy – oh, the pleasures in store. And what chef

Nieves Barragán Mohacho does to the humble chicken wing is little short of alchemy: crisp, tender, sweet, salty, fiery... they've got it all going on. Barrafinas, 54 Frith Street, London W1D (barrafinas.co.uk)

SERVES: 4

PREPARATION TIME:

15 minutes

COOKING TIME: 10 minutes

- 150g cornflour
- 8-12 good-quality chicken wings
- 1 litre rapeseed oil

For the mojo picón:

- 150ml extra virgin olive oil
- 1 tbsp parsley, chopped
- 2 garlic cloves, peeled and chopped
- Juice of 1 lemon
- 1 tsp smoked paprika
- 150g tomato purée
- 1 shallot, peeled and finely chopped
- 60ml sherry vinegar
- 255g caster sugar

- 1 tsp fennel seeds
- 1 tsp dried oregano
- 2 tsp ground cayenne
- 1 tsp cumin seeds

1 To make the mojo picón, place all the ingredients in a blender with a teaspoon of salt, 100ml of water and blend until it is a slightly lumpy consistency – a bit rustic, not totally smooth. Season the chicken wings and dust them liberally with the cornflour.

2 In a large saucepan, heat the oil to 180°C. Carefully add the wings in batches, frying for 10 minutes, until they are crispy and golden brown. Place on some kitchen towel to remove any excess oil, before serving with the mojo picón on the side. »



Barrafinas's chicken wings with mojo picón; and the restaurant, right





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Onion Chutney.

With Rich
Balsamic
Vinegar &
a Pop of Chilli.





8 HOXTON SQUARE'S PISTACHIO CAKE WITH PEACHES

I often don't bother with pudding (I know! But eating out this much I'm on Weeble-figure-avoidance mode). I'll always make an exception for chef Cameron Emiral's inspired creations, however. This little cake didn't look like much, but one bite of its nutty, syrupy squidge and it was instant love. 8 Hoxton Square, London N1 (8hoxtonsquare.com)

SERVES: 8

PREPARATION TIME:

20 minutes

COOKING TIME: 35 minutes

- 3 eggs
- 100g melted butter
- Zest and juice of 1 lemon
- Juice of 1 orange

- 50g semolina
- 200g pistachios, crushed
- 50g '00' flour
- 1 tsp baking flour
- 125ml olive oil
- 200g caster sugar

For the peaches:

- Olive oil
- 3-4 peaches, cut into eighths
- 1 tbsp fresh tarragon, chopped
- 50ml Marsala wine

1 Preheat the oven to 170°C/gas mark 3. Grease and line a 20cm cake tin. Whisk the eggs and butter together until light and frothy. Add the fruit juices and mix again, then fold in the remaining cake ingredients. Pour the mixture into the tin and bake for 30 minutes, or until a skewer inserted into the middle comes out clean. Turn onto a wire rack to cool.

2 Heat a splash of oil over a medium heat and fry the peach segments with the tarragon for five minutes, stirring frequently. Add the Marsala, which will reduce slightly. Pour over the cake and serve with some crème fraîche.



BRAWN'S PANNA COTTA

Cool and deliciously creamy, this is the loveliest panna cotta I've encountered. The sharpness of the fruit a perfect contrast to the richness of the pudding, the riot of vanilla seeds adding fragrant luxury. Brawn is just the kind of restaurant I love most, too – unfussy, friendly, in every way dedicated to your enjoyment. Brawn, 49 Columbia Road, London E2 (brawn.co)

MAKES: 8 to 10

PREPARATION TIME:

20 minutes, plus chilling time

- 2 1/2 leaves of bronze leaf gelatine
- 1 litre double cream
- 125g caster sugar
- 2 vanilla pods

1 Fill a bowl with cold water and add the gelatine leaves, leaving them to soak for 10 minutes. Meanwhile, mix the cream with the sugar in a large pan. Scrape the vanilla seeds into the pan. Heat gently to a slow simmer, stirring to ensure the cream is not catching. Let it bubble for five minutes, keeping the temperature low to stop it from boiling. Remove from the hob. Drain the gelatine, squeeze out any excess water and add the softened leaves to the cream. Stir well.

2 Half fill one large metal bowl with iced water then sit a second metal bowl on top. Add the cream mixture and gently stir. The ice water in the bowl below cools the panna cotta so it begins to thicken, thus holding the seeds in suspension. When the cream is at the desired thickness, take it off the iced water and place in the fridge to finish setting.

3 To serve, scoop the panna cotta onto plates and top with poached rhubarb. 

For more of Marina's top restaurant dishes, go to REDONLINE.CO.UK

NEW



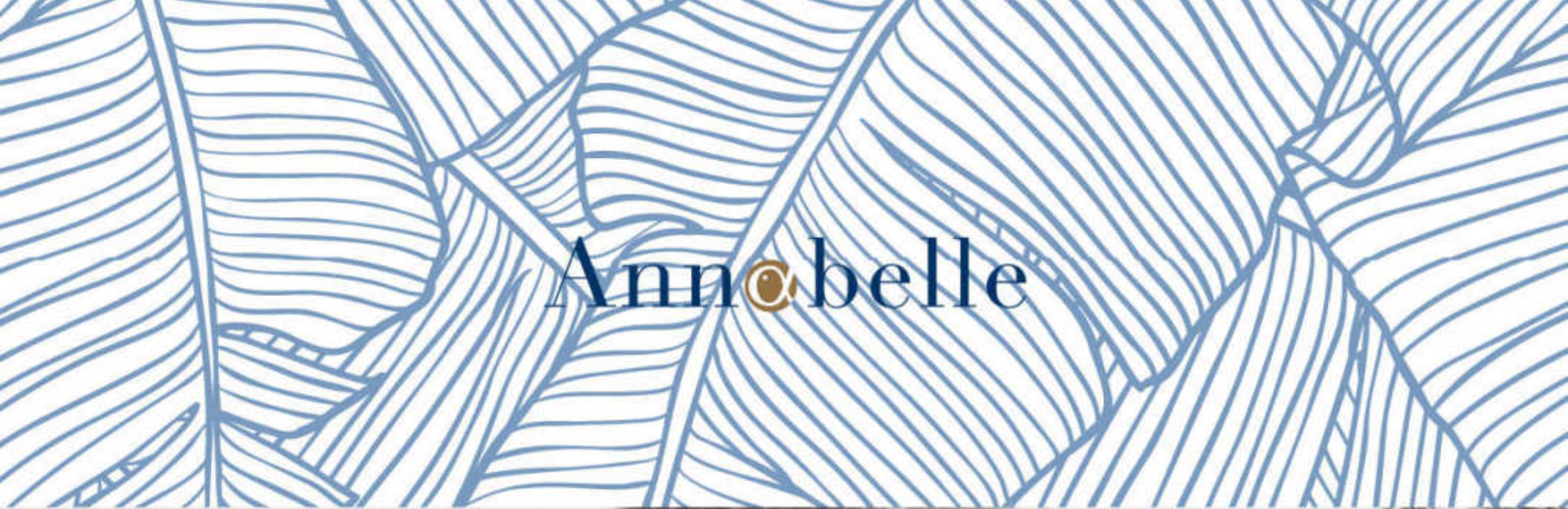
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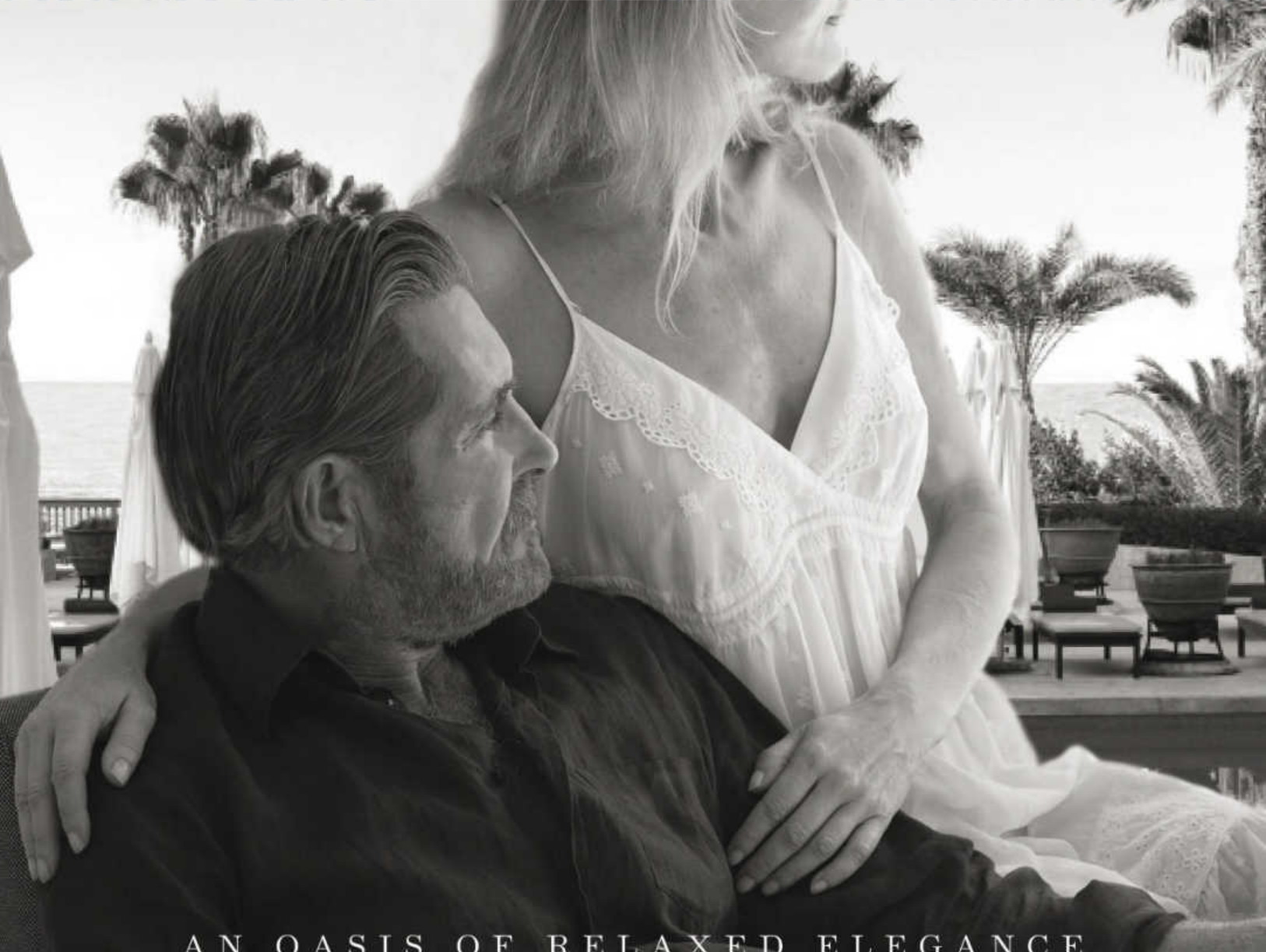
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Escapes

Edited by SASKA GRAVILLE

IT'S A FAMILY AFFAIR

A family getaway you can relax on, too – it's the holiday holy grail. Join Rosie Green and others, as they road-test trips that promise recreation for all ages



Mountain highs

Could Rosie Green's ski prejudice be cured

by a luxury-enough chalet and free bar? Indeed it could

When I had the funds (pre money-pit house), choosing between cold, blister-inducing skiing or tropical, piña colada-fuelled beaches was a no-brainer. The fact I've never skied and would look a dufus was almost insignificant* (*the real reason).

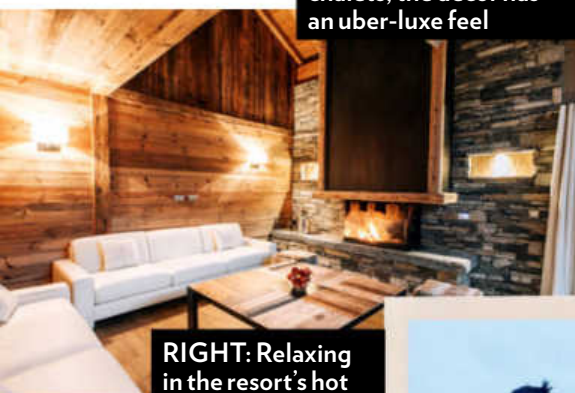
But there was this holiday in the offering. To Chalet Kashmir, by Meriski, a catered-chalet company aimed at the luxury family market at affordable prices. Which is handy, as if I search for a getaway, 'luxury' and 'family' are my keywords (and incompatible with my expenditure).

Sorry, I digress. Obviously I jump at the chance to take Family Green. We fly (on Easyjet, under £100 each) to Geneva and, after a two-and-a-half hour drive, arrive in Méribel.

Chalet Kashmir is, as promised, luxurious – and pretty much all-inclusive. Which I love. There's a sumptuous breakfast, afternoon tea and a four-course evening meal >>



Views from the Meriski chalets; the decor has an uber-luxe feel



RIGHT: Relaxing in the resort's hot tub after a morning of ski school





Suede and rubber boots, £130, Sorel



Clarins UV Plus, £32



Cotton-mix coat, £850, Moncler



Polycarbonate and gold-tone steel ski goggles, £250, YNIQ at Net-a-Porter

What to pack

with canapés. Oh yes, and all your drinks are thrown in, too.

We share six bedrooms with eight other guests: cue much excitement from my two children (eight and 10) at their separate room with twin beds and their own TV, just across the hallway from ours (perfect!).

The chalet comes with a super-talented chef and two diligent, friendly hosts who ensure everything runs smoothly. If you've got little ones, there's a dedicated crèche or you can have a private in-chalet nanny. They'll even pick your kids up from ski school if you like. And in the chalet

there's a supervised children's tea served from 5.30pm to 6pm each day. If you need stair gates or puréed sweet potato you can have it. Immédiatement. My two love the bean bag-filled den for watching films, the delicious food on tap and the feeling they can truly treat the chalet like their (very luxe-y) home.

It gets better. To save us from battling the hordes at the ski hire shop, our hosts arrange a visit from Méribel Ski Service to equip us with helmets, boots, skis and poles.

We head to the slopes the next day in a van (you can request a lift any time between 8am and 10pm) courtesy of the driver service. It's less than 10 minutes

to La Chaudanne, where the lifts and ski schools are based.

Day one, it's raining and we feel cold and underwhelmed. We have lessons booked with the ESF Ski School. Some French instructors, who have more than a soupçon of Gallic hauteur, take the kids and they traipse away looking as apprehensive as turkeys on Christmas Eve. My husband and I join the beginner's class. As we travel up the mountain in the cable car I'm wishing I were reclining on a lilo with a piña colada.

By day three, we're much happier. Sunshine and fresh snow are a delight and we love the other guests in the chalet. Dinner is a raucous story-telling affair that gladdens the heart. The kids have adjusted to the French-style ski instruction and are instantly, and disturbingly, fabulously good. And we've sussed the great places for lunch. La Cantine D'Alvar does kid-friendly food and feels spacious; Les Castors (lescastors-meribel.com) is more authentic, with a fire (but is smaller).

By the last day I can ski down a green run without falling over (although I do have, I'm told, a face that suggests an egg-bound hen). We've had a brilliant time. Chalet Kashmir is divine and the holiday a triumph. Très fabuleux indeed.



The Green family take to the slopes

TRIP NOTES

A week at Chalet Kashmir from £829 per person, based on two sharing (01285 648518; meriski.co.uk). Transfer from Geneva airport from around £73 per person through Meriski. Equipment from Meribel Ski Service (meribelskiservice.com) starts at around £104 per week. ESF ski school lessons (esf-uk.co.uk) from £154 per adult and £130 per child, based on five mornings per week. For more information about Méribel, visit meribel.net; for information on Les Trois Vallées region, visit les3vallees.com





Alfresco-style living at North Star Club



FOUR GO WILD IN THE WOODS

If the sign of a successful family break is soggy, muddy trousers and socks, the North Star Club is a winner, says Clare Goldwin

North Star Club is a luxury woodland retreat with eight cabins in 500 acres of woodland in the Yorkshire Wolds. The clues that our stay is outdoors-based (in January!) are there from the start; on arrival, we are greeted by the smell of wood smoke from the communal fire pit.

Each suite is themed around a Yorkshire figure or place – Amy Johnson, Edith Sitwell, Castle Howard... Ours channels 15th-century queen and power player Elizabeth Woodville. Think natural tones, faux-fur throws, a large portrait of the woman herself and striking wood furniture.

The second clue is the layout. As well as a vast bathroom (more later) and huge master bedroom, there is a smaller bedroom with bunks and a small sitting area with fridge. A spacious veranda houses a big table, barbecue and seats.

The message is clear: unless you're sleeping, you should be outside. And we are, despite the drizzle. The woods are perfect

FROM TOP: Clare with daughter Ella; Alex enjoys the outdoors; the suites are chic and snug



for free-range exploring. My children – Ella, seven, and Alex, five – immediately run off to make dens.

Next morning after breakfast on the veranda they invent the 'jump the ditch' game, cause of the first wet trousers and socks. A muddy walk around the woods, re-enacting *The Gruffalo*, leads to a second.

Adults can enjoy spa treatments in the suite, hence the huge bathroom.

Cooking facilities are limited (it isn't self-catering), but as well as barbecues, there's a pizza oven and the fire pit is ideal for marshmallows. We dined like queens – and kings – at local pub The Star @ Sancton (thestaratsancton.co.uk).

We leave with glowing cheeks and full tummies. As Ella writes in the visitors book, "It was like camping in winter! I wish I could stay forever!"



What to pack

Polyester raincoat,
£27.95,
Gap

Cotton dungarees,
£24.50,
Boden

Rubber wellies,
£24.95,
Joules

Fujifilm Instax camera, £79,
Urban Outfitters

TRIP NOTES

From £125 for a single Sunday-night break and £175 for a two-night midweek break. Suites sleep up to six. There's a 20% discount for two; northstarclub.co.uk, 01439 748457



"It's like having a holiday home – for free"

When children came along it was goodbye to long-haul holidays for jewellery designer Sasha Kamen. House swaps have saved the day, she says

"My husband and I used to travel long haul a lot – I'm a jeweller and he's an artist, so travel is a big inspiration for our work – but after the birth of our boy Jaffa, now six, and our twin girls, Juno and Talia, now 20 months, we had to change.

That's when we joined Love Home Swap, a website that allows users to stay in another's home by swapping it with their own, or spending points earned (think Boots but with houses not make-up.) There's a monthly fee, but other than that it's free.

Our new way of holidaying excelled when we found designer Francesca's place in the Cotswolds. Beautifully decorated, spacious and comfortable, we fell in love and have gone back many times.

After multiple visits, I feel like Francesca is my holiday soulmate, even though we've never met. Her house is more personal than a rental. We even look after her dog, taking along our own labradoodle, too. I'm often asked if there are downsides to Love Home Swap and I always say 'no'. There's reciprocal trust and respect." Visit lovehomeswap.com »





LITTLE ITALY

You're never too

young to get a taste for truffle risotto, finds Sarah Bailey

A bit of luxe, peril (!), adventure, escapism, aesthetic delights... lots of greedy consumption of delicious cuisine... In all honesty, my recipe for a successful, spirit-restoring trip with my rambunctious boys isn't so different from my favourite travel à deux, or even solo. (Okay, time in a supine state ploughing through *Red's* literary editor Sarra Manning's reading list would be nice but I'm a realist.)

Our Umbrian adventure began in a cloak of rather romantic fog, which meant our plane couldn't actually land in Perugia (detour via Rome); but, frankly, we didn't care because as far as we were concerned we were now in Narnia. The beauty of the countryside with its hilltop storybook towns and medieval villages is ravishing.

We were staying in The Murlo Estate, with thousands of hectares of woods and olive groves dotted with ancient stone-built dwellings, which are being revamped as rustic-luxe villas and apartments, big enough to host large, rambling groups. We stayed in Torre, a former ruined medieval tower that had a particular enchantment for the boys. It was chilly, so we relished the chance to be cosy, lighting the log fire and 'picnicking' on antipasti at night. But it didn't stop us experimenting with the retractable roof (ta-da!) and taking in rays on the terrace (above the clouds the sun was dazzling).

TRIP NOTES

From £123 a night in a cottage for two on The Murlo Estate. Villa Torre from £1,920 for seven nights, sleeps six. Villas have a private pool and gardens, kitchen, alfresco dining and housekeeping. Spa treatments and private dining is available. Fly to Perugia or Rome, transfers on request; murlo.com, +39 335 682 8558

As the comments in the guest book attest, The Murlo Estate is perfect accommodation for summertime sybaritic lazing (our villa came with a pool and attentive staff who brought and cleared a delicious breakfast spread each day).

A winter trip urged us to explore our fascinating surroundings. Assisi, with the Basilica of St Francis, is a perfect historical and architectural gem. Seeing the sequence of Giotto frescoes, etched into my imagination from the Gombrich textbooks of my childhood, was utterly transporting.

In the Ristorante San Francesco (ristorantesanfrancesco.com), opposite the basilica, my youngest had his first saffron risotto with shaved truffle (and experienced something akin to religious ecstasy). Meringue lollipops from the Santa Monica tearooms (Via Portica 4/A) were right up there, too.

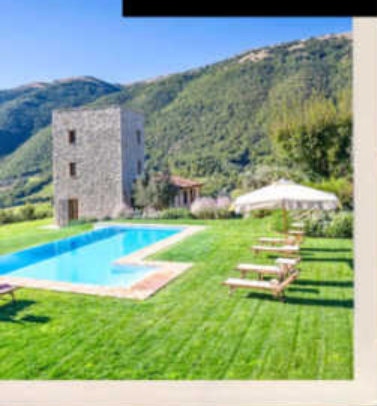
Also on our 'must-come-back' list was Gubbio village (with the remains of a 1st-century Roman theatre), which was like something out of a magical realist novel. Appealing to my nearly nine-year-old was a death-defying cable car that transports the bold up to the Basilica of St Ubaldo with its startling remains of the saint himself. Me? I'm still reliving the burrata-filled gnocchi at Il Bargello (Via dei Consoli, 37) where we ate when we came back to earth. Irresistible. 🍷



FROM TOP: The cable car up to the Basilica of St Ubaldo; the cobbled lanes of Assisi village



FROM TOP: Mists over the Murlo Estate; Basilica of St Francis; the boys enjoying meringue lollipops from Santa Monica tearooms; Villa Torre, a former ruined medieval tower on the Murlo Estate



What to pack

Gold-plated sterling silver necklace, £150, Thomas Sabo



Denim jeans, £159.95, NYDJ



Acrylic suitcase, £270, Longchamp



Suede boots, £160, UGG Australia

Book a Red-approved mini-break, at REDONLINE.CO.UK

Photographs Getty Images; "It's Like Having A Holiday Home - For Free," as told to Megan Sutton, sasha-kamen-jewellery.myshopify.com. Exchange rates on xecom using live rates at time of going to press. Red accepts no responsibility for prices having changed since then

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HAPPY EASTER, LOVE *Hemsley* + *Hemsley*

Want to cook up a nutritional powerhouse Easter lunch that everyone will love – whether they're a health foodie or not? The Hemsleys know how to serve up a crowd pleaser... »

Words BRIGID MOSS

Vietnamese rainbow rolls (page 205)

Melissa and Jasmine Hemsley prepare for their Easter feast, and slow-roasted breast of lamb, right



“It’s the best thing, feeding people. When people come to your house, we want it to be like, ‘Here’s some lovely food that’s going to make you feel good,’” says Melissa Hemsley. And if anyone knows how to make a healthy feast, it’s the Hemsley sisters: Jasmine, 36, and Melissa, 30.

“We fed over 1,000 people at our supper clubs last year,” says Jasmine. And that was all while writing their second book, *Good + Simple*. “It gave us brilliant perspective,” says Melissa, “writing by day then getting instant feedback at night. There’s nothing like watching someone eat your food.”

If you count sales of their first book, *The Art Of Eating Well*, the Hemsleys have, in fact, fed hundreds of thousands of people (sales are over 140,000 – not including the US). Its global success is why they’re about to launch book two on a tour taking in the US and Australia, as well as Europe.

“Book two,” says Jasmine, “is more new-cook friendly, more time

friendly, the ultimate fuss-free recipes. You don’t need to master every recipe, just start with a plan to try three new recipes over the next month.” There’s a chicken curry, for example, where you just bung the ingredients in a slow cooker, and it comes out fragrant and ready to eat.

Each time I’ve met the Hemsleys, the talk has veered towards flavours, ingredients and kitchen kits. The pair

“Every calorie should be **PACKED** with as many **NUTRIENTS** as possible”

are food obsessives. They are credited with bringing the spiraliser to the UK. “Kids love it – it’s lovely to see photos on Instagram, that they’re eating their veggies with relish,” says Jasmine.

“Our food is no frills – it’s honest, home-cooked food,” adds Jasmine. It is, however, big on flavour, more lavish than that of other so called ‘clean’ food, with spices and chilli, meat and cheese. Discussing this

Easter menu, there’s a lot of talk from Jasmine of delicious fat dripping down from the roasting lamb onto the celeriac and onions below. Of course, the food they’re most famous for isn’t for the fat phobic either. Bone broth, a nutrient bomb of minerals and collagen, is also a commitment; to make it, you boil bones for 12 hours.

RED’S EASTER FEAST, RIGHT, EMBODIES THEIR EATING RULES,

which they have dubbed ‘back-to-basics nutrition’. They’re all for meat, but it must be grass-fed, have had a ‘real life’. “You can afford that,” says Jasmine, “with cheaper cuts. So less steak, more slow-cooked belly, ribs, the fattier cuts that have been ignored in the low-fat fad of the past 20 years.”

“Support the environment, support farmers – and make your money go further,” says Jasmine. “Fat is such a steady source of energy, and it helps you absorb fat-soluble vitamins. We love eating liver and so on. It’s so nutritious, rich and flavourful.”



THE HEMSLEYS ARE ALL ABOUT 'FORGET CALORIES, THINK NUTRIENTS': "Every calorie should be packed with as many nutrients as possible," it says in the book. They do meat and two veg, but "the vegetables are the star of the show", making up at least two thirds of the plate – in this case, the chard and carrot mash with the lamb. They don't tend to do white potatoes and they avoid grains, instead getting their complex carbs from nutrient-packed vegetables, beans and pseudocereals (eg quinoa and buckwheat). Pudding is allowed, of course – but only if it's made with natural sugar, and, like all their desserts, this one – the chocolate orange bar – is nutrient rich from the cocoa and coconut oil.

Most of all, you need to enjoy the prep and hosting, they say. Like most of the menu, you can make the pudding in advance, so you're not doing any serious cooking when your guests arrive. The Hemsleys want you to feel, says Melissa, "like, 'I didn't need to break a sweat making it – in fact, it was a total pleasure to make it for you.'" As it is to eat, too.

VIETNAMESE RAINBOW ROLLS (page 203)

These delicious rainbow-coloured rolls are bursting with fresh ingredients. Play with combinations; we like to eat seasonally as everything tastes better when it's naturally blooming. Perfect for parties, present these rolls as open lettuce boats drizzled with the sauce for a mezze-style sharing starter. If you have a bit more time, wrap each one and tie with a strip of spring onion – both eye-catching and easier for dipping.

PREPARATION TIME:

20 minutes

SERVES: 4 (2 rolls each)

- 200g fresh vegetables (such as red cabbage, carrots, courgette, peppers, radishes or cucumber)
- 2 handfuls of fresh herbs (such as mint, coriander, basil or holy basil), chopped
- 4 spring onions, finely sliced
- 1 fresh red chilli, deseeded and finely sliced
- 2 handfuls of cooked prawns or shredded roast chicken, duck, lamb, beef or pork (optional)

- Lettuce (such as little gem for boats or butter lettuce for wrapping)

For the Sriracha dipping sauce (makes 500ml):

- 300g fresh red chillies, deseeded and finely chopped
- 6 garlic cloves, diced
- 2 tbsp tomato purée
- 2 tbsp maple syrup
- 60ml apple cider vinegar

1 Prepare your vegetables by slicing or spiralsing into small matchsticks. For the sauce, blend the chillies and garlic in a food processor. Add the rest of the ingredients and 150ml water, then blend until smooth.

2 To make the 'boats', pile the veg, herbs, spring onions, chilli and prawns or meat (if using) onto each lettuce leaf and serve with sauce for dipping.

SLOW-ROASTED BREAST OF LAMB

Fatty and full of flavour, this cut of meat is the lamb equivalent of pork belly. Roast it on the bone or, for ease, we ask our butcher to bone and roll it, saving the bones to make broth. This cut works best cooked slowly for melt-in-the-mouth meat, with the juices from the bed of onions and celeriac combining with the fat to create a rich, sweet gravy. Serve with a large helping of seasonal greens.

PREPARATION TIME:

20 minutes

COOKING TIME: 4 hours

SERVES: 4

- 4 large onions, sliced
- 1 large celeriac, peeled and cut into 5mm-thick slices
- 600g lamb breast, boned and rolled
- 4 bay leaves
- 2 tbsp red wine or apple cider vinegar
- 4 anchovies or 10 pitted olives in oil, drained (optional)
- A large sprig of fresh rosemary or 1½ tablespoons dried
- 1 small handful of fresh parsley, leaves and stalks chopped, to serve

1 Preheat the oven to fan 160°C/ gas mark 4. Place the sliced onions, celeriac and 100ml of water into an »



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Garlicky
chilli chard

ovenproof dish with a tight-fitting lid to make a bed for the lamb breast.

2 Season the lamb with salt and pepper and place, skin side up, on top of the onions. Add the bay leaves, vinegar and anchovies or olives (if using), then place or sprinkle the rosemary on top of the lamb.

3 Put the lid on the dish and cook in the oven for three and a half to four hours. After around three and a half hours, check how tender the lamb is – there should be little resistance. If it's tender and falling apart, take off the lid and turn the oven temperature up to fan 200°C/gas mark 7 to roast for a further 20 minutes to crisp up the fat and skin, and brown the onions and celeriac. If it still needs more cooking, keep it a little longer in the covered dish at the lower temperature.

4 Remove from the oven, cut off the string tying the meat together, if needed, and thickly slice the lamb in portions. Serve immediately, piling the onions and celeriac alongside, spooning over some of the gravy and scattering with chopped parsley.

The Hemslays' healthy hosting tips

● “Decorate with fragrance and greenery. You can get so much for your money if you know what you're doing. Put in fresh herbs – mint, parsley, basil, thyme and rosemary smell incredible. For a nice burst of colour, the humble daffodil is lovely. And light a candle – I love the Happiness candle by Neom.”

● “I like it when you go to someone's house and you know what you're going to eat, so draw up a menu. At our supper clubs, we often tie it up with a little flower or herb sprig.”

● “Serve a thirst-quenching, digestion-boosting drink when people arrive. Pre-juice a few pink grapefruit, brew some fresh elderflower tea, mix up and let it go cold. Make two jugs, and before people arrive add some grapefruit slices and sparkling water to both, some gin or vodka to one. Label them and put glasses next to the jugs so people can help themselves if you're busy.”

GARLICKY CHILLI CHARD

Hot or cold, this immune-boosting side dish of greens goes with absolutely everything. Top cold leftovers with freshly fried eggs or stir it into cooked quinoa for a speedy lunch on the go. You could even add a spoonful to a bowl of steaming hot soup. Use rainbow chard, when in season, to give dinner party finesse to a knockout dish of vibrant colours. Try making it with cavolo nero, spinach or kale, too – we love all these iron-rich super-greens.

PREPARATION TIME:

5 minutes

COOKING TIME: 5 minutes

SERVES: 4 as a side

- 400g chard (preferably rainbow), spinach, cavolo nero or kale
- 1 tbsp ghee or coconut oil
- 2 garlic cloves, diced or crushed
- 1/2–1 fresh red chilli (to taste), diced
- Juice of 1/2 lemon (to taste)
- 2 tbsp extra virgin olive oil, for drizzling

1 Discard any particularly tough ends of the chard or other greens (and discard the kale stems, if using) then slice the stalks into 1cm-wide pieces before shredding or roughly chopping the leaves.

2 Add half the ghee or coconut oil to a large pan and fry the stalks with the garlic and chilli over a medium heat for a minute until the garlic is softened but not browned.

3 Add the leaves and four tablespoons of water, put a lid on the pan and steam for a further two to three minutes until the stalks are tender, the leaves just cooked and the water fully absorbed.

4 Season with lemon juice, salt and black pepper to taste and drizzle with the olive oil. »



CARROT AND MUSTARD MASH

We love to experiment with different root vegetables depending on the season, using nutrient-rich, lower-starch vegetables in place of standard potatoes, to help you feel fuller for longer.

PREPARATION TIME:

5 minutes

COOKING TIME: 20 minutes

SERVES: 4 as a side

- 5 large carrots, roughly chopped
- 1 garlic clove, peeled
- 1 tbsp butter
- 2 tsp mustard (to taste)

1 Put 30ml of water in a pan, along with a pinch of salt, then add the carrots and garlic and steam over a medium heat, with the lid on, for 15 minutes until tender. Drain off any excess liquid, reserving some for thinning the mash if needed.

2 Add all the ingredients to a food processor and blend until smooth, seasoning to taste.

CHOCOLATE ORANGE BAR WITH CLEMENTINES

This recipe is just so good and yet so easy to make. Whole, fresh and juicy clementine pieces enrobed in melt-in-the-mouth chocolate infused with coconut, vanilla and orange extract. As always, a pinch of salt goes a long way in this sweet recipe – it makes the citrus even



Chocolate orange bar with clementines

zingier, cuts through the bitterness of the chocolate and adds complexity to the maple syrup's sweetness. The home-made chocolate is very easy to make – no temperamental cocoa solids to contend with: just whisk cocoa powder, and a little maple syrup for sweetening, into gently melted coconut oil. Pour over the clementines and leave to set in the fridge. Present the whole bar as a beautiful gift or serve on a slab of chilled marble.

PREPARATION TIME:

20 minutes

CHILLING TIME: 1 hour

SERVES: 6-8

- 1 organic clementine
- 100g coconut oil
- 50g cocoa powder
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- 1/2 tsp orange extract (not essence)
- A tiny pinch of salt

1 Line a small baking tin with baking parchment. Zest the clementine and place the zest to one side. Peel the clementine, break it into segments and arrange in the bottom of the tin.

2 Melt the coconut oil in a saucepan over a low heat. Remove from the heat and whisk in the cocoa powder until smooth, then stir in the rest of the ingredients until well combined.

3 Pour the mixture over the clementine segments, then sprinkle over the zest, pressing it onto the surface.

4 Chill in the fridge for one hour, or until set. Slice with a sharp knife and serve immediately as the chocolate becomes very soft at room temperature, or store in the fridge and eat within a day or two. 

Hemsley + Hemsley Good + Simple: Recipes To Eat Well And Thrive by Jasmine and Melissa Hemsley (Ebury Press, £25)

For more on the Hemsley way of eating, go to REDONLINE.CO.UK



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Jody Day has created
a global support network
for child-free women

"I'M FINALLY HAPPY NOT TO BE A MOTHER"

Realising she'd never be a mum left Jody Day grief-stricken. But, it was also the beginning of her journey to a happy, fulfilled life

Photograph LAURA HYND

It was a rainy afternoon in February 2009 when it came to me: I was no longer a woman who hoped to be a mother one day. I was childless. Sitting on the floor, I was unpacking boxes, having just moved into a grotty studio flat hurriedly rented after the stormy break-up with my 'last chance to have a family' guy.

At 44, having tried, hoped, planned, waited, dreamed of and wished to be a mother since the age of 29, I realised I'd run out of road. And, it seemed, out of ideas about how the hell I was going to get through the rest of my life. The bleak and gritty view from the window, of traffic and high-rise flats, looked exactly as I felt.

I wish the me of today could have appeared to the me then, a ghost of the future, to say everything was going to be all right. To tell me that, one day, I'd emerge content and purposeful. Or at least to give me a glimpse of a role model without the anchoring weight of motherhood, and a glimmer of hope that the future wasn't what I feared; ending my days bitter and grouchy, surrounded by cats.

EARLY FIGURES SUGGEST THAT OF THOSE BORN IN THE 1970S, ONE IN FOUR WON'T HAVE CHILDREN.

Many, like me, won't have imagined this as their future. Analysis by Professor Renske Keizer at the University of Utrecht in the Netherlands estimates 10% of women without children didn't want them and 10% are childless due to infertility or medical issues, which leaves a huge 80% who wanted children but didn't have them for various

"I daydreamed about
a **DELICATE** and
artistic young boy...
and a bouncy and
TOMBOYISH little girl"

reasons, usually timing, relationships and/or finances. I estimate there are 1.5 million women in this position in the UK. When I found all this out, my reaction was, where the hell are they all? Among my family, friends, colleagues and acquaintances, I didn't know a single woman who had wanted to be a mother and it hadn't worked out.

So how had this happened to me? A theme running through my early life was 'children ruin your life'. I was an unplanned teenage pregnancy; my mother married when I was three to provide me with a 'respectable home' and thus I grew up in a tense and unhappy situation.

Although Mum never actually told me not to have children, she made it clear that an independent life outside the home was the way to go.

Then there were the sex-education classes at school, where the fear of pregnancy hung over us like a ghastly spectre that would snatch away 'our futures'. In fact, I had an abortion aged 20, terrified a pregnancy would be the end of everything I'd planned. I was part of the rising trend for women going to university and achieving financial independence – 'settling down' later, aided by the Pill and safe abortion and with the back-up promise of IVF.

After my rocky childhood, I wasn't sure I wanted children and told my husband-to-be so before I got married, aged 26. However, over the next few years, the idea of 'our' children took hold and I was 29 when we started trying. I daydreamed about a delicate and artistic young boy who'd mooch around indoors making intricate models, and a bouncy and tomboyish little girl with »



a great curiosity about the world who'd make me laugh with her unique way of looking at things. I imagined my fridge covered in drawings brought home from school, and the clothes I'd make them. I spent so long imagining my children that they were, and still are, real to me. Even all these years later, tears prick when I think about them.

But they were not to be. After a couple of years of trying, then medical tests, a doctor declared we had 'unexplained infertility' and that was that. I embarked on a massive period of what I call 'babymania', visiting every acupuncturist, herbalist, nutritionist, quack and healer in London, giving up this, taking up that – but nothing. My thirties ticked on and our marriage came under more and more strain, not least from the babymania. By the time IVF seemed worth trying, our marriage had unravelled. We split up when I was 38.

Amazingly, I still thought I had time to find another partner and 'do IVF'. I was in denial of the basic facts; I was nearly 40 and had been trying to conceive since I was 29. Two failed relationships later, I found myself on that February afternoon, and couldn't mask the fact that even if I did meet someone and get to know them well enough to proceed to IVF, it was too late.

I DIDN'T KNOW ABOUT DONOR EGGS THEN, WHICH I'M QUITE GLAD ABOUT, as it meant I had to deal with my reality – which was that as a single, self-employed woman in her forties with no savings, there was no way I could afford fertility treatments, let alone afford to bring up a child on my own. It also ruled out adoption, not that it stopped so many people 'helpfully' suggesting it. Or they'd tell me some version of a 'miracle baby' story about so-and-so who'd had twins at 50.

In truth, I'd never wanted just a baby, I'd wanted a family, with a loving partner and children. I was devastated in a way that felt impossible to get over. I remember one particularly bleak day when, feeling utterly purposeless, I lay on the floor of my flat, deciding to stay there until I could think of a compelling reason to stand up. I longed for distraction, but didn't have the concentration even to read a book. And it was excruciatingly painful to be around friends and family with children.

I had no idea that it was possible to grieve for something you'd never had. No one mentioned grief to me; not the doctors who medicated me for depression, nor the therapists

I saw. It wasn't until I was in my second year of training to become a psychotherapist, during a weekend seminar on grief, that I made the connection. It was such a relief to have a name to put to it because, firstly, it meant I wasn't going crazy, but also because, even though I wasn't quite sure how, I knew that grief didn't last forever and that therefore, some day, I'd come out of this.

I STARTED A BLOG, GATEWAY WOMEN, WHERE I WROTE ABOUT HOW DESPERATE AND ALONE I FELT.

How angry and betrayed by life. How hard it was to find my way forward with the only role models for childless women either scary characters in Disney films or spinsters like Ann Widdecombe. I wrote about the grief and I felt that if just one person in the world read it, and understood what I was experiencing, it would be a help.

I immediately started getting emails from all over the world. Within two months, I was persuaded to give my first public talk, and about six months after that I started the first Gateway Women group to see if women in the same situation could help each other. For 10 extremely intimate and taboo-busting weeks, myself and a handful of other childless women worked through our grief, debunked negative social images of childlessness, unpacked our fears of growing old, the role of creativity in creating new dreams for our lives and, most of all, relaxed with relief at totally getting each other.

Since that first blog in 2011, Gateway Women has grown into a global network with free meetings in many countries, reaching almost two million women worldwide. We have found 'our tribe' – our version of the school gates – with whom we have a life-changing experience in common.

Grieving the loss of the family I longed to have felt like walking through fire at the time, but it has left me with a bigger heart and greater compassion for all who struggle with being different in some way. It has allowed me to reopen my heart to the mothers and children around me. It has also given me back my purpose, which is enabling me to use my 'mother's heart' in a completely unexpected way. I hoped that I would feel 'better' one day, but what I never expected was that I would feel joyful, excited and fulfilled again. And that feels like a miracle story I can live with. 

Jody's tips for starting the journey from childless to child-free

- Develop a kinder relationship with yourself. Don't bully yourself about how and why you're childless. I recommend Kristin Neff's book *Self Compassion: Stop Beating Yourself Up And Leave Insecurity Behind* (Yellow Kite, £14.99).
- Connect with other women with whom you can do your 'grief work'. We cannot grieve on our own, in our heads – grief is a social emotion.
- Build new friendships with other childless women so that you can stop trying to get the empathy you crave from your friends and family. Gateway Women is a global friendship and support network with an online community and courses: gateway-women.com. *Living The Life Unexpected: 12 Weeks To Your Plan B For A Meaningful And Fulfilling Future Without Children* by Jody Day (Bluebird, £12.99)

Read more on Jody's journey at **REDONLINE.CO.UK**



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FITNESS

Jump! THE ULTIMATE WORKOUT HIGH

It burns more calories than running, works your core harder and is ridiculously fun. What's not to love about the trend for trampolining?

Words CATHY STRUTHERS

THINK TRAMPOLINES ARE JUST FOR KIDS? NOT ANY MORE. Bouncing may just be the most enjoyable way to get an adult workout, ever. And it's having a revival, with 20 trampoline parks opening last year in the UK and another 20 due this year.

The body effects are impressive. In-demand trainer Simone de la Rue says bouncing is the key to the high-energy workouts she devises for Reese Witherspoon, Naomi Watts and Sandra Bullock. "They all love it," says de la Rue. "Bouncing on the tramp works your lower body, which contains the largest muscle group so your heart rate is totally up and you're in a calorie-burning state. In the process, you tone your quads, hamstrings and glutes."

Want to try it? The new parks have dozens of interlocking trampolines, some sloping up walls – and adult classes. Bootcamp and intervals classes make the most of bouncing's hardcore cardio effect, while strengthening classes use the wobbly surface to build your core. If it's skills you're after, you can pick from parkour, somersaulting and even dodgeball. And if you can't get to a trampoline park? Use your children's trampoline (weight limit permitting – and not with them on board) or invest in a rebounder (try rebound-uk.com). You won't be able to do the advanced backflips, but you'll still get these same incredible workout benefits...

6 reasons to bounce

1 Bouncing burns calories faster than going for a run. A study by NASA found that trampolining was 68% more efficient than running. In fact, it's so intense, "it's hard to sustain an hour of pure bouncing", says Dian Nissen, the US trampoline champion whose father actually invented the prototype in 1934. "You need to balance intensity and intervals and keep moving the whole time."

2 It's low-impact. The mat absorbs about 80% of the shock when you jump or jog on the spot. So you still get bone-boosting effects but it's easy on your joints.

3 Your abs will tone up fast. "You have to learn to move on an unstable surface," says Nissen. "This makes it great for core muscles as they have to work constantly."

4 Jumping stimulates the lymphatic system, creating a pump effect which encourages your body's detox mechanism.

5 It may even strengthen your pelvic floor. "Check with your doctor, but if your pelvic floor is just weak, empty your bladder before jumping and give it a try," suggests Nissen. "Just the fact that the surface is unstable will be strengthening your core and pelvic floor. I have clients who worry about leaks but the more they bounce, the stronger their pelvic floor becomes."

6 You'll finish pumped with feel-good endorphins. "Something happens to people when they get on a trampoline," says Nissen. "They feel that joyous bounce and it overtakes them." ■

Get the best out of bouncing

Burn calories: Simple bouncing, plus star jumps and running on the spot.

Get toned: "Try lunges and squats," says Joanna Edwards, fitness co-ordinator at Rush UK trampoline park. "Progress to higher-impact jumping lunges and low squat presses."

Strengthen your pelvic floor: "Do squats to start," says Nissen. "Really focus on your core muscles on the 'down' movement. As you come up, engage the glutes."

Flatter abs: Gently bounce and bring both arms to chest level, elbows bent. Twist your knees to the right as your body twists to the left. Repeat on the other side.

For more trampoline moves, go to REDONLINE.CO.UK

PSYCH

ASK PHILIPPA

A reader wonders why she's not getting promoted. She might want to think about how she responds to feedback, says psychotherapist and Red's agony aunt, Philippa Perry

Photograph CAMERON McNEE



I've worked at the same company for six years, but have never been offered a chance to apply for a promotion. I feel I'm always being told what I'm doing wrong rather than right, which I've at times even thought of as bullying.

I used to enjoy my work, which is creative and absorbing, but being constantly reminded I'm not doing well is demoralising. I was recently singled out in a meeting to be told my work wasn't up to scratch, and ended up crying in front of my colleagues.

I want to be recognised for my value, with a promotion or pay rise – or even just that I turn up, work hard, do my job without complaint. It feels as if this will never happen. A separate issue is the fact that I find it hard to speak to people, especially at work. Could I have social phobia? When I do risk joining in a conversation at work, people don't seem to respond in a friendly way. People never seem to chat with me like they do with each other. I know it sounds as if I should

just leave and find another job, but I never see jobs I think I could apply for, let alone get an interview for. What should I do?
Name withheld

It may be that everyone at work is horrible. And it's true not every boss knows how to get the best out of their employees. But I'm guessing something else might be going on too.

Reading between the lines, one issue may be that you experience feedback as negative, diminishing and shaming. Feedback may also throw you into a traumatised state of mind that puts you into a sort of emergency mode where you cannot tell if someone is trying to help you work better or just putting you down.

You say your social difficulty is a separate issue, but I'm not sure it is. I'm thinking it's likely that somehow you have been affected

by something that regularly happened over the course of your life, to make you feel that most humans, especially those in authority, are somehow critical and dangerous. If we believe that about people it will make us shy about speaking up in front of them.

Just to normalise this for you, we are all more alert to noticing when others are negative rather than positive. Evolutionarily speaking, this makes sense. If someone disapproves of us, it's potentially dangerous, and in the past our survival may have depended on noticing it. So we're all wired to hearing negative comments louder than positives. Not many of us find it easy to be grateful for feedback telling us how to improve, but feedback can be helpful and it may be worth attempting to take it on board rather than hearing it as an attack.

How you tell the difference between helpful feedback and an all-out attack is that feedback is specific and shows you a way forward. If you feel discombobulated by feedback, it could be a factor behind why your professional development has been held back. General put downs, not specific as to what exactly is wrong, are not helpful. So if your boss just gives general advice such as "buck up", you need to take your courage in both hands, and ask what exactly isn't delivering satisfaction and what precisely you need to do about it. Keep asking for more detail until you have a clear idea about what you need to change. You can be open about telling your supervisor that you are working on trying to hear feedback less as an attack and more as help, that them being specific will help.

If you moved to a new company, you'd still need to hear feedback, and it might throw you into a negative spiral again. So it would be good to tackle this in your current job.

If there's a problem, the one thing we nearly always need to do, is the thing that feels most difficult to do. But remember "most difficult" doesn't mean impossible. Good luck. ■

WHAT DO YOU NEED TO ASK PHILIPPA?

Philippa would love to give you an answer to your problem, whether it's about life change, work/life balance or work issues, expectations or confidence, goals and ambitions, children or fertility, friends, frenemies, partners or relations. Email her in confidence at therapy@redmagazine.co.uk. You'll find all Philippa's past columns at Redonline.co.uk.

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This month's ESSENTIALS



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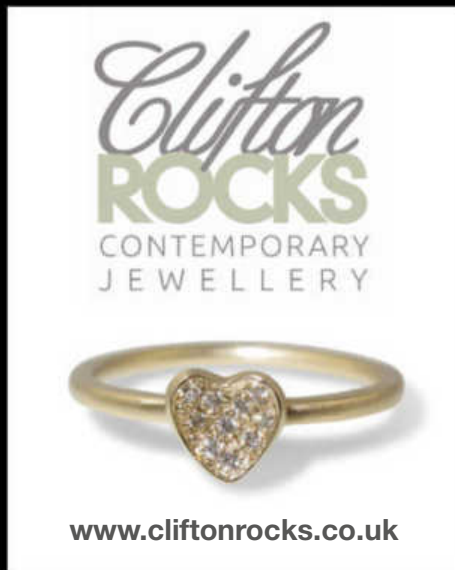
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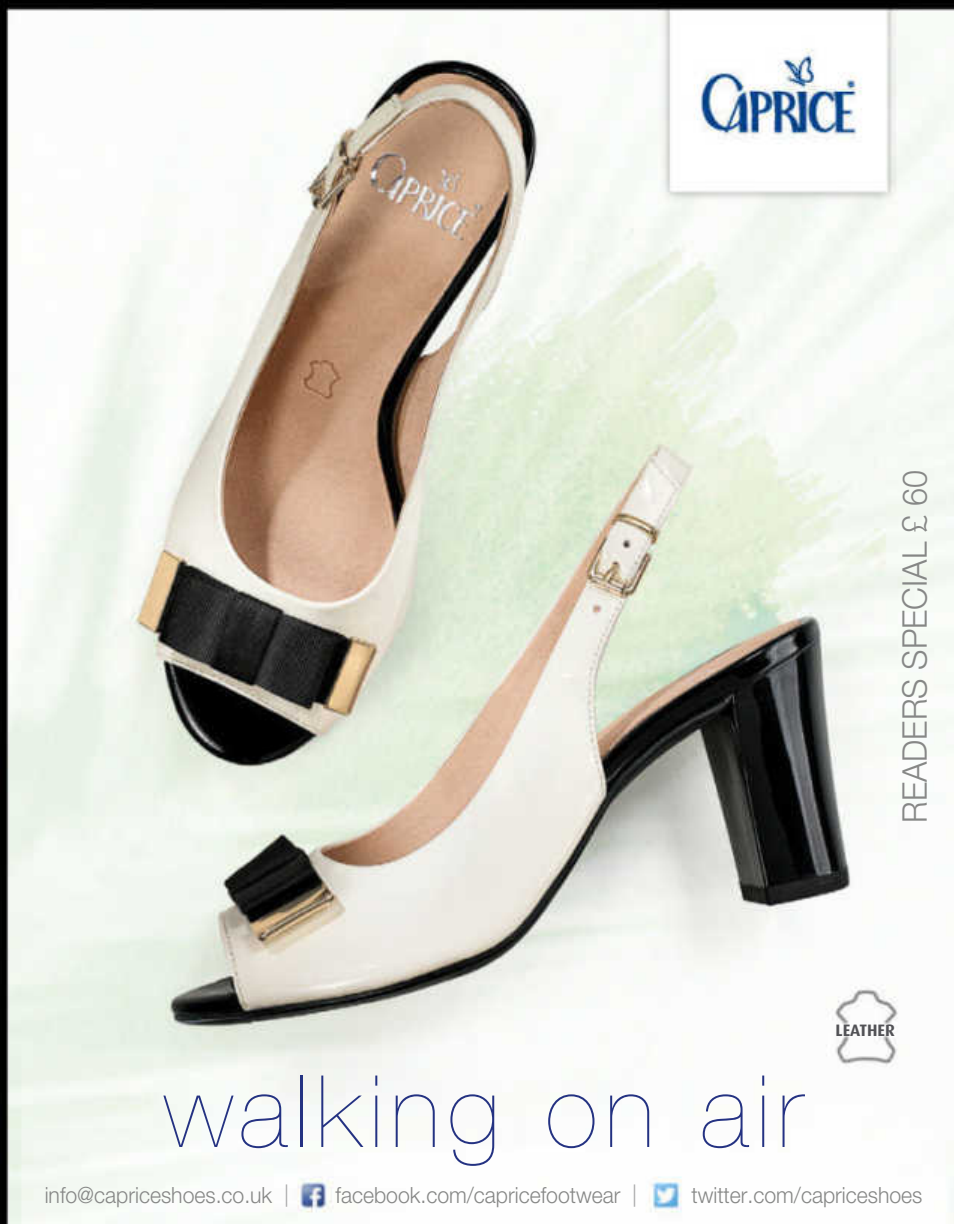
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STARS

Yasmin Boland reveals what's in store for you this month

Illustration CAROLINE SMITH

ARIES

21st Mar–19th Apr

It's time to slow down. If you feel like your fire has gone out, don't panic. The universe is asking you to see what happens when you don't live at a million miles an hour. Overall, a positive month for relationships.



TAURUS

20th Apr–20th May
If things are stalling financially, don't worry. You're actually being given the cosmic equivalent of 'extra time' to make a plan, especially where your money is tied to or coming from someone else, including collaborations, your salary, debts and partnerships. Overall it's a good month to lay low and gather your energy – you'll need it soon enough.

GEMINI

21st May–21st June
You could go through testing times with your partner, ex or another VIP in your life. Remember, any upsets now are sent to teach you things. You could get important lessons about holding your horses, and not attacking people because you don't see eye to eye. You'll end this cycle wiser and with stronger relationships.

CANCER

22nd June–22nd July
Daily life might be a grind right now. But the good news is that if you continue to make a big effort and you're happy not to rush things, this could turn out to be a very good month for you professionally. You could end up doing well financially, getting on better than ever with clients and colleagues.

LEO

23rd July–23rd Aug
Get as much done as you can, work-wise. Before long, chaos will likely be reigning professionally, so the more you can get projects signed off, the better. In your personal life, the challenge is to make sure you're still having fun. You need the stress release so you don't take pent up frustrations out on people you love.

VIRGO

24th Aug–22nd Sept
There could be demands on you in your personal life or from family. Or there could be challenges connected to your home or questions about where to live. Go slow and steady towards your goals. Ultimately, all the challenges you're surmounting now are going to show you how strong and resilient you are. Be stoic!

LIBRA

23rd Sept–23rd Oct
Important relationships (including business ones) look positive this month. Also, expect some lessons in communication. You should be less likely to lose your temper – notice the good this does you! Librans might be famously charming but you're also quite feisty. This month shows you what happens when you exude more charm and less drama.

SCORPIO

24th Oct–22nd Nov
Don't worry if there is a slow down when it comes to cash. Mars is reversing in your cash zone and you have tedious Saturn there as well. All in all, it makes for a sort of walking-through-treacle-towards-riches state of play. See what you can learn from your current financial challenges or frustrations. Creating a fortune takes time!

SAGITTARIUS

23rd Nov–21st Dec
It's a huge time for you, though some of what's happening must be draining. You can beat current trends by throwing yourself into your work. Even if it's taxing, it does look like the part of your life most likely to bring you happiness. All your hard work could really pay off – expand your professional horizons.

CAPRICORN

22nd Dec–19th Jan
Use this month to deal with your fears. There is a lot of action going on in the part of your chart where you keep things you don't like to talk about. However, like pretty much everything, these fears and things you want to stay quiet about are actually better out than in.

AQUARIUS

20th Jan–18th Feb
If there have been tough times with friends, then watch out. Things could get more intense before they ease off. You're being asked to learn some lessons. Have you judged people too harshly? Are you only spending time on the people who really matter? Work your way through these questions and get the most out of April.

PISCES

19th Feb–20th Mar
This is a period of solid growth for you, but (as you might have noticed already) a lot of effort is required. This month is no exception. As much as you might be keen to build something for yourself somehow, there are delays to contend with. The more patient you are, the better off you will be. It's that simple. ■



CERYS MATTHEWS

The Welsh musician and presenter likes to get back to basics with an unlikely treasured possession, an axe

Photographs JENNY LEWIS

I've always been a tomboy with a hankering to be close to the land. The raw kind of life is very different from the smoke and mirrors of celebrity appearances and red carpets – but that's what I love about it.

Three years ago I was given my first axe, adorned with the colours of the Welsh flag. It comes from a really hip axe-maker in Brooklyn called Best Made Company. The first thing I did was to look at it, hold it and then cut my finger on it because it's that sharp.

A friend once had a go at chopping some wood. He shouted: "It's not working!" Then he realised it still

had the leather hood on. It shows how far we've come from being able to fend for ourselves.

Once you have an axe in your life, you wonder what you did without it. I use it a lot for chopping wood, so it's useful and great physical exercise. But, more than that, an axe can solve big problems by breaking them down into small pieces. You can take that idea and apply it to the grand scheme of life. *Cerys Matthews is co-founder of The Good Life Experience festival of food, craft, music and the great outdoors (16th-18th September). For more information and tickets, visit thegoodlifeexperience.co.uk*



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